

MEDICAL HINTS,

DESIGNED

FOR THE USE OF CLERGYMEN,

AND OTHERS,

IN PLACES WHERE PROFESSIONAL ADVICE CANNOT
BE IMMEDIATELY PROCURED.

BY THE LATE

HENRY BICKELSTETH, Esq.

SURGEON, &c

THIRD EDITION.

REVISED,

AND ENLARGED WITH AN APPENDIX.

PRINTED FOR R. B. SEELEY AND W. BURNSIDE;
AND SOLD BY L. B. SEELEY AND SONS,
FLEET-STREET, LONDON.
MDCCCXXIX.

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PREFACE.

THE writer of this little work had not the most distant idea of its ever appearing in print. He wrote it merely for the use of his own children, and especially of one who is the Minister of a small Country Parish at a distance from any Medical Practitioner, in the hope that it might be useful in many cases of emergency before regular medical advice could be procured. It being written with this view only, he did not scruple to avail himself of any information communicated by others. It was also written several years ago. But notwithstanding these disadvantages, as several who have seen it, and found it useful, wished for its more extensive circulation, it has been printed for that purpose.

March, 1820.

ADVERTISEMENT

To the Second Edition.

This Work has been revised by a Physician, by whom several alterations and additions have been made; and an Appendix, prepared by him, has been inserted, which it is hoped will add to the usefulness of the work, especially to Persons going to warm climates.

Oct. 1, 1823.

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Apothecaries' Weights.

The Pound, (lb.) contains	12 Ounces.
The Ounce,	8 Drachms.
The Drachm,	3 Scruples.
The Scruple,	20 Grains.

Measures.

The Gallon, (long) contains	..	8 Pints.
The Pint,	16 fluid Ounces.
The fluid Ounce,	8 fluid Drachms.
The fluid Drachm,	60 Minims.

*For proportioning the Doses for different
Ages.*

For an Adult,	..	1	.. e.g. ..	1 Drachm.
21 years to 14	..	$\frac{2}{3}$	2 Scruples.
14	7	$\frac{1}{2}$ a Drachm.
7	4	1 Scruple.
4	$\frac{1}{4}$	15 Grains.
3	$\frac{1}{6}$	10 Grains.
2	$\frac{1}{8}$	$7\frac{1}{2}$ Grains.
1	$\frac{1}{12}$	5 Grains.

MEDICAL HINTS,

&c.



THE HUMAN BODY AND ITS FUNCTIONS.

PREVIOUS to any description of diseases and their remedies, it is necessary to give a short account of the human fabric, and its principal functions and systems.

The *Bones* are the pillars which support all the other parts, and give strength and firmness to them.

The *Muscles* are all that part of the body vulgarly known by the name of *flesh*, which lie in bundles, every one of which is admirably contrived by the great Author of our being to assist in performing all the various motions of the body.

Muscles are contracted at their extremity into what are called *Tendons*, which are generally fixed into the bones. Tendons are sometimes called *Sinews*.

Cartilages, or gristles, are smooth elastic sub-

stances which cover the ends of bones, and take off or lessen the effect of friction. In some instances, cartilages also supply the place of bones, or lengthen them.

Ligaments are strong membranes which tie the bones together, and serve for other purposes.

Arteries are tubes or vessels for conveying blood from the heart to every part of the body, for the nourishment of all the various organs, terminating in what are denominated anastomosing vessels.

Veins are tubes or vessels for conveying the blood which is brought to all parts of the body by the arteries back again to the heart, commencing from the anastomosing vessels.

Absorbent Vessels, otherwise called *Lacteals*, or *Lymphatics*, are very fine transparent canals, invisible in the dead body, except when filled with mercury, &c. for absorbing fluids from the intestines, and from all the different cavities, and conveying them into the blood.

Glands are organs for separating or secreting different fluids from the blood, such as the *Liver* which secretes the bile or gall from the blood; the *Kidneys* which secrete the urine from the blood, &c. Glands are almost entirely composed of arteries, veins, and the vessels called the

Excretory Duct, which convey the new-secreted fluid to the place where it is wanted.

Nerves are white cords which convey sensation from the brain and spinal marrow to every part of the body.

NUTRITION.

The body is nourished by the following process. The food when taken into the mouth, is first masticated and mixed with the Saliva, (a fluid secreted from the blood by glands situated under the angles of the jaw under the tongue, &c. called the Salivary Glands,) and is then thrown over the windpipe into a muscular bag, called the Pharynx. This action of swallowing, or deglutition, is a very complex action, requiring the use of the tongue, and a number of other muscles situated about the throat. The Pharynx is the beginning of a large canal called the Œsophagus, or Gullet, down which the masticated food passes into the stomach. In the stomach the process of digestion takes place, which is a kind of solution of all the parts of our food capable of being dissolved by a liquid called the Gastric Juice, which is prepared by the coats of the stomach or small glands situated in its inner surface. Soon after the food passes out of the lower

orifice of the stomach it mixes with two fluids, the Bile from the liver and gall bladder, and the Pancreatic Juice, from a gland called the Pancreas, (or sweet-bread.) These fluids further assimilate and animalise the aliment, and perfect digestion. After this an infinite number of absorbent vessels, called Lacteals, (which are spread on the coats of all the intestines) begin to suck up and absorb all the nutritious part of the aliment now called Chyle, and convey it into the veins where it mixes with the blood. The dregs of the food from which the chyle is absorbed pass on the intestines, and are cast out by stools as useless.

The blood, although in this manner replenished with the chyle, is not fit for the nourishment of the body until it has undergone a very important change in its passage through the lungs. This leads us to two of the principal functions of the animal body:

RESPIRATION, AND THE CIRCULATION OF THE BLOOD.

These functions are performed by the heart and lungs; organs which are seated in and fill that cavity in the body called the Thorax or Chest, which is under the ribs.

The *Heart* is composed of four strong muscular cavities or bags. Two of these cavities receive the blood from the veins, and are called *Auricles*, and the other two expel it into the arteries, and are called the *Ventricles* of the *Heart*. The *Lungs* are an assemblage of blood vessels and air vessels. The trunk of the air vessels is the *Trachea* or windpipe, which ramifies into innumerable branches, and ends in small cells which are filled with air every time we draw in our breath. The principal blood vessels of the lungs are the *Pulmonary Artery* and *Vein*, which also ramify into innumerable branches; the minuter branches of which spread upon the air cells, and come in contact with the air taken in by the breath. It has been noticed, that the blood is not fit for the nutrition of the body till it has passed through the lungs and undergone an important change necessary for animal life: we therefore find that the lungs themselves are not nourished by the blood which passes through them by the pulmonary vessels; but by other vessels appropriated for their nourishment, called the *Bronchial Artery* and *Vein*.

After the digestion of our food, we have shewn that the chyle taken up by the absorbent vessels is carried into the veins by which it is brought to

the right auricle of the heart; from thence it passes into the right ventricle, the blood distending the ventricle instantly stimulates it to a contraction, or systole. This throws the blood into the pulmonary artery in which it circulates through every part of the lungs, from the extreme branches of the pulmonary artery till it is taken up by the extreme branches of the pulmonary vein, by which it soon falls into the left auricle of the heart, and from thence into the left ventricle.

The chyle having now with the blood passed through the lungs, and being completely animalised and fit for the nutrition of the body, is thrown by the contraction of the left ventricle into a large artery called the Aorta, which distributes its branches to every part of the body for its nourishment, from the extreme branches of veins by which it falls back into larger and larger veins till it arrives at the right auricle of the heart again, where all the veins terminate. It has never yet been known what is the important change which the blood undergoes in its passage through the lungs. We know that when it enters the lungs by the pulmonary artery, it is of the dark livid, or blue colour; and when it comes back by the pulmonary vein, it is of a

much more bright and florid colour. Modern chemistry tells us, that the lungs absorb oxygen from the air and convey it into the blood, and by this process a quantity of latent heat is conveyed into the system which is the principal cause of animal heat.

In describing these two important functions, Respiration and the Circulation of the Blood, we have yet said nothing of the beautiful mechanism by which, as the minute anatomy of these organs shews us, these effects are produced in the most wonderful manner, nor by which the circulation is carried on while a young animal is in utero, before it breathes. In this, as well as in every other part of our frame, we cannot help admiring the wisdom of the great Architect, and cry out with the Psalmist, We are “fearfully and wonderfully made.”

THE NERVOUS SYSTEM,

Comprehends the brain, spinal marrow, and nerves. All that is known with certainty respecting this system is, that the brain is the *sensorium commune*, and the nerves are the conveying instruments. All the nerves in the body arise either from the brain itself, or from the continua-

tion of the brain down the canal of the spine, called the spinal marrow. If the nerve or nerves sent to any particular organ be cut or destroyed, the organ loses all sense; if it be a muscle, both sense and motion are lost. If particular parts of the brain from which the nerves are sent to any particular organ or limb, are pressed on, or injured, it becomes in a greater or less degree paralytic. If the spinal marrow is injured from accident, all the parts below the injured part immediately lose both sense and motion. Paralytic complaints therefore depend on the nervous influence being cut off or injured in a greater or less degree, from pressure on the brain, from fullness of blood, or the bursting of blood vessels in the brain, &c. A very numerous train of nervous disorders also depend on an increased or morbid sensibility of the nervous system. The systems of absorbent vessels are as numerous as arteries or veins. They are distinguished into two kinds, Lacteals, and Lymphatics; and the common trunk of both is the thoratic duct. The lacteals, as we have said before, absorb the nutritious fluid called Chyle from the intestines; and the lymphatics absorb fluids from all the cavities of the body; but they both terminate in the same thoratic duct which pours its contents

into the large vein called the Subclavian Vein. In some instances the lymphatics pour thin fluid into some veins that are near them, without coming into the duct. Lymphatics and lacteals are very thin transparent canals, so that they cannot be seen in the dead body except they are filled with quicksilver, which is a difficult operation, they are so full of valves. The lacteals indeed, which carry the chyle, a whiter fluid, may sometimes be seen in animals which have been killed soon after feeding. If the functions of the lymphatics should be lost or diminished, a general or partial dropsy would be the consequence. The cellular membrane has a large share in the formation of the body, and is the seat of some diseases. It is the medium that connects all the parts of the body. It connects the skin to the muscles, and surrounds all the arteries, veins, nerves, &c. The cells of this membrane in a healthy state are, more or less, filled with fat, and have a free communication with each other, as we find from the diseases of this part. When water is deposited, or not absorbed from the cells of this membrane, it forms a species of dropsy, called Anasarca, or Œdema, known by pitting or leaving an impression when pressed on by the finger. Air is

sometimes also collected in the cells of this membrane, and forms a disease called Emphysema. This is often the consequence of the lungs being wounded by fractured ribs, or other causes. The air getting from the wounded lungs into the cellular membrane, puffs up the body in an extraordinary manner. In putrid diseases, air is sometimes generated or detached, and brings on this disease.

THE PULSE.

Having described some of the principal parts and functions of the human body, before we begin with its diseases, it will be necessary to give some directions and rules respecting the pulse. From the systole, or contractions of the left ventricle of the heart, a column of blood is thrown into the aorta, or great artery, which conveys it to all parts of the body. This contraction and the dilatation (or systole and diastole) of the ventricle is continued along the course of the arteries; so that by feeling the pulsation of any artery with our finger, we know how the heart contracts and dilates. The most convenient artery for us to feel is the artery of the wrist, called the Radial Artery, as it lies so superficial as to be only covered by the skin. Where the pulse feels

stronger or weaker in one arm, it is owing to the artery being smaller or lying deeper. The pulse of a healthy infant during the first month is seldom less than one hundred and twenty strokes in a minute. (The pulse of children should be felt, if possible, whilst they are asleep, as their pulses are quickened by any new sensation.) During the first year, the healthy limits of a child's pulse may be fixed from one hundred and eight to one hundred and twenty; for the second year, ninety to one hundred and eight; for the third year, eighty to ninety; the same will nearly serve for the fourth, fifth, and sixth year; the seventh year, the pulsation will sometimes be so few as seventy-two, though generally more; and in the twelfth year, in healthy children, it will often not be more than seventy, and there (except that they are much more easily quickened by illness or other causes,) they will differ but little from the healthy pulse of any adult, the range of which is from a little below sixty to eighty. The pulse generally becomes quicker by ten or twelve in a minute after a full meal. If the pulse exceed the utmost healthy limits by ten in a minute, it is a sign of some little disorder. But a child is so very irritable during the first year, a very slight fever will make the


artery beat one hundred and forty times, and sometimes one hundred and sixty without danger. A child of two years old will sometimes die of an inflammatory fever, though the pulse beats only one hundred and forty-four; and they will sometimes recover when it beats much quicker; so that in children we must judge from other circumstances as well as the pulse, such as quickness of breathing, a voraciousness for food, and want of sleep. If the pulse of a child beat too slow, that is, fifteen or twenty below the lowest limit of the natural standard, and there be at the same time signs of considerable illness, it is a certain mark the brain is affected, and such a quiet pulse, instead of giving us hope, should alarm us with the conviction of great danger.

In adults ill of an inflammatory fever, the danger is generally not very great where the beats are fewer than one hundred; one hundred and twenty shews the beginning of danger. They seldom exceed this number, and are attended with delirium, where the patient does not die, except where abscesses are forming, in fevers, or in the rheumatic fever, where the pulse will beat one hundred and twenty without any danger; but in these cases the appetite, senses, and sleep, are put less out of their natural state. In the

hectic fever attending consumption, schirrous, and cancerous cases, the pulse will for many months continue from ninety to one hundred and twenty in a minute. An intermitting or irregular pulse is not always a sign of great danger. If the artery beats stronger under the finger we call it a strong pulse, which is a sign of some inflammatory disorder; if it is so weak that we can scarcely feel it, we call it a weak pulse, and is a sign of great debility.

In examining the sick person for the purpose of prescribing medicines, or for sending his case for the advice of a physician, the following questions should be asked:—What age is the patient?—Has he usually enjoyed good health, been subject to any particular complaint, or is his constitution impaired by irregular living?—How long has he been ill?—Is his complaint stationary, or is he better or worse than he has been?—Has he had any shivering hot fits, or much thirst?—Is he quiet or restless?—Has he been accustomed to take laudanum, or other medicines?—Is he afflicted with pain in any part of his body?—Is his tongue dry or furred, and of what colour?—Has he a disagreeable taste in his mouth, with nausea and sickness?—Is he regular

in his bowels, and have the stools their natural appearance and consistency?—Is the pulse weak or strong, quick or slow, or does it intermit?—Of what colour is the urine? does it deposit a sediment, and is the quantity natural and proper?—Is the sleep quiet or disturbed?—Does he breathe freely and naturally?—What remedies has he used, and with what effect?—Has he a cough? and if so, what is the appearance of the expectorated matter, and in what quantity?—Can he make a deep free inspiration, and when in bed sleep as well on one side as when lying on the other?—Has he night sweats? do his legs swell? In children, it is necessary to enquire their age, and whether they are cutting teeth. In female complaints some other questions are necessary; but it is not intended to extend these directions to them, nor to that disease which the Almighty has been pleased to inflict as a bitter scourge on unlawful indulgence between the sexes.



DISEASES.

FIRST.—OF FEVERS.

THE distinguishing symptoms of fevers are, heat, thirst, quick pulse, furred or dry tongue, loss of appetite, weakness, and inability to sleep.

All fevers are generally preceded by a cold fit, or shivering, and if this is followed by a hot fit and perspiration, the fever soon terminates, and if it should not return again, it is only what is called an *Ephemera*, (or fever of one day;) but if the shivering, hot fit, and perspiration return every or every other day, it is then an *ague*, or *intermittent fever*; and as soon as this is clearly ascertained, the patient is then in general speedily cured, by taking half a drachm (or large tea spoonful) of the powder of bark, every two or three hours, between the fits, beginning with it as soon as the sweating fit is over; and when the fit is prevented from coming on, the bark need not then be repeated so often, but a dose given two or three times a day for a week or ten days to prevent a relapse.

If a perspiration does not follow the shivering in a few hours, it will then be a *continued fever*.

If there be great heat and thirst, with a strong throbbing pulse, flush countenance, and headache, especially if the patient is young and plethoric, we may then pronounce it an *inflammatory fever*; and here we must endeavour to moderate the action of the heart and arteries, by what has been called the *antiphlogistic regimen*, which consists in bleeding, cooling and opening medicines, low diet, and by avoiding every thing of a stimulating nature. The patient should therefore be bled, and his bowels should be opened by directing him to take a table spoonful of castor oil, half an ounce of opening salts, or a cupful of senna tea, any of which may be repeated in two or three hours, if the first has no effect. If notwithstanding these means, the feverish symptoms continue, the patient may take a saline draught, every three or four hours, or two or three grains of James's Powder, (or the antimonial powder) at the same intervals, or twenty drops of antimonial wine may be added to each saline draught. If these means should fail of abating the fever, it will be prudent to get the best medical advice.

In fevers where the symptoms do not run so high as to mark much inflammatory action; where the patient is not so strong and flushed,

and the pulse not so throbbing, though quick, the safest practice will be only to give a saline draught every two or three hours, and if it be necessary, a gentle opening medicine; or if there be any sickness, or a sensation of a load at the stomach, an emetic would be useful.

Fevers of the *low* kind never attack so suddenly as those of the inflammatory kind.—The low fever is known by different names, as *typhus fever*, *nervous fever*, *malignant fever*, *spotted fever*, *yellow fever*, &c. which I believe are only different modifications of the same complaint, occasioned by difference of climate, constitution, season, &c. Typhus fever commences with slight shiverings, followed by pain in the head, vomiting, heat, quick (and often irregular) pulse. These symptoms slowly and gradually increase, with an increase of fever every evening; the patient becomes delirious; the tongue dry, and often of a blackish appearance; sometimes livid or purple spots appear on the skin; a looseness comes on with blackish stools, cold clammy sweats, which, with hickup and other convulsive motions, precede its fatal termination.

When typhus fever is once established, it generally runs its course in defiance of medicine. The only useful practice in this disease was

thought to depend on guarding against the effect of debility and putrefaction by cordials and antiseptics, and port wine and bark were then almost the only remedies depended on; but from the little success attending this practice, it is now almost generally laid aside.

Dr. Hamilton of Edinburgh, gives us a number of cases where he succeeded in curing typhus fever by brisk purgative medicines, which bringing away a quantity of black bilious matter by stool, always abated the fever; and where the patient's strength will admit of this practice, I believe that it is the best that can be pursued, that is hitherto known. An opening medicine, saline draughts, ripe fruit, and other cooling antiseptic means may be safely recommended in this disease, which is as far as domestic medicine should go.

If there be a constant burning heat of the skin, the patient will find great refreshment from sponging the surface of the body with cold water, or vinegar and water. And when the putrid symptoms are violent, a table spoonful of yeast every three or four hours has had a good effect. If regular remissions should come on, or in the convalescent state from this and other fevers, the bark has generally a good effect.

ERUPTIVE FEVERS, OR FEVERS ATTENDED WITH ERUPTIONS ON THE SKIN.

1. *Small Pox*.—The mercy of God having discovered to us the happy effects of vaccination, the small pox is now become a much rarer disease, and it is to be hoped, when prejudices are removed, it will become much more so.

The small pox, like other fevers, comes on with shivering, pain in the head, nausea, &c. which symptoms continue three or four days, when the eruption begins to appear, first on the face, and afterwards on the neck, breast, &c. The pustules gradually enlarge and proceed to fill with matter, and, if they are distinct, the maturation is completed about the eighth day from the appearance of the pustules. But if the pustules are of the confluent kind, (or run together) in which case the danger is great, the maturation is not completed till the eleventh or twelfth day, and if they survive this period, they then generally gradually recover. The small pox always runs its determined course, and therefore all that can be done is to lessen the attendant fever and guard against unfavourable symptoms. When a person is seized with feverish symptoms, which from circumstances we may suspect will

be the small pox, he should be advised to abstain from animal food, butter, cheese, wine, spirits, or ale. His drink should be impregnated with cooling acids, and the temperature of his chamber should be such as to never let him experience any unpleasant degree of heat, and he should not be heated with bed-clothes. His body should be kept open by cooling opening medicines. The rest of the medical treatment depends on the management of the attendant fever. If inflammatory symptoms run high, the means mentioned under inflammatory fever should be used. Or if putrid symptoms or those of great debility should appear, the treatment will be the same as typhus. Two or three doses of purging physic have generally been thought necessary on recovering from the small pox; but the use of a warm bath is much better where it can be had.

The very salutary practice of *Vaccination* is free from all danger, and will not, like small pox, spread any infection. I have for many years practised it, without its having ever failed of preventing small pox: I think, therefore, that vaccination should be strongly recommended in all countries. Vaccine inoculation is so free from danger, that no gentleman need have any hesitation in doing it. He should take care by

observation to know the appearance of the genuine vaccine vesicle, so as to ascertain that the infection has properly taken place, and should always test the child by revaccinating it on the fourth or fifth day, i. e. as soon as matter can be obtained from the pustule; and if on the eighth or tenth days of the first inoculation, all the pustules have the same character, it will be evident the constitution is affected, and that the disease is not local, a cause occasionally of its failure in preventing the small pox. Fresh vaccine matter, with directions for the use of it, may be procured by application to the National Vaccine Establishment, in London.

The *Chicken Pox* is in general so trifling a disease, that it seldom requires any medical management. The eruption is seldom, if ever, preceded by fever, and comes out like the distinct small pox; but the pustules soon appear like small blisters, and fill with a clear water, which never, as in the small pox, turn to matter, and in three or four days the disease terminates; but in the more severe forms, the febrile action must be attended to as in small pox.

The *Measles*.—The eruptive fever of the measles, like that of the small pox, continues three or four days before the eruption, and till

this appears, it is not to be distinguished from a catarrhal fever, or bad cold, and is attended with hoarseness, dry cough, sneezing, running from the eyes and nostrils, &c. About the fourth day, small red spots, like flea-bites, appear on the face, neck, &c. and in a short time the whole body is almost covered with them. The running from the eyes, with inflammation and swelling of the eyelids, and the cough, will always distinguish the measles from other eruptive fevers; and it must be recollected, that in measles, contrary to small pox, the patient's body must always be kept warm, and in general the strong light should be guarded against, but his room should not be unnaturally heated, and if the symptoms are mild, little medicine is necessary. But the breathing should be particularly attended to; and if this becomes much quickened, there will be reason to fear inflammation of the lungs, in which case bleeding and a blister to the breast may be necessary.—Two or three doses of opening physic, are generally thought necessary after the measles; and the warm bath should always be used where it can be had, as it produces a natural skin sooner than any thing else.

The Scarlet Fever.—This, *I believe*, is the same disease as the ulcerated sore throat, as *I*

have seldom seen the scarlet fever without the attendant sore throat. It begins like other fevers with shiverings, languor, lassitude, nausea, &c. and soon after a stiffness is perceived in the neck, accompanied with a soreness in the throat and pain in swallowing. On looking into the throat, the parts appear red and swelled, with whitish specks, or sloughs on the tonsils, (two roundish bodies on the sides) and the uvula, the projecting part in the middle of the throat.

About the third day the scarlet efflorescence appears on the skin, and after remaining three or four days, abates, and the cuticle or scarf skin falls off in small scales. The scarlet fever will be distinguished from the measles by the sore throat, by the skin not being studded with pimples, but covered with a redness like a stain. The scarlet fever is sometimes so mild as to require little medical treatment; but at some particular seasons, and in some constitutions, it is dangerous and fatal in a short time. An emetic is sometimes necessary, and an open state of the bowels is always so, and the throat should be frequently gargled or syringed with barley water sweetened with honey, and made a little tart with any acid, to which a little port wine may be added. Diaphoretic medicines, (that is, medicines pro-

ducing perspiration,) should be given as in any other febrile action. And when the surface of the body is of a burning heat, it is very useful to have it frequently sponged, or washed with cold water, or vinegar and water.

Another eruptive fever is called the *Miliary Fever*, which takes its name from small pustules or bladders which appear like millet seeds on the breast, &c.

This used to be a very frequent and sometimes dangerous complaint in child-bed, and many women have fallen victims to it; but it has been found to have been occasioned by the injudicious method with which they were treated, by excluding the air from women in child-bed; by giving them every thing very warm; and covering them too much with warm wrappings, by which they were kept in a constant state of perspiration. Indeed it is found, that this fever may be brought on under any circumstances, if the patient is kept in a continual sweat for several days together. As a much more judicious method is now used of treating women in child-bed, &c, I hope this fever will now seldom be seen.

When a rash or eruption on the skin appears similar to what is produced from the stinging of nettles, it is called the *Urticaria*, or *Nettle Rash*.

This is a complaint of very little consequence, and readily gives way to a cool regimen, and keeping the body open : as also do all the other *febrile Rashes*.

OF INFLAMMATIONS.

In every inflammation there is an increased action in the arteries propelling forward a greater quantity of blood into the part affected, attended with pain, soreness, throbbing, and increased sensibility and irritability.

External Inflammations are of two kinds ; Phlegmon and Erysipelas.

By a *Phlegmon* is understood an inflammatory, circumscribed affection of the skin, and cellular membrane, with a swelling rather prominent in the centre, and some degree of hardness, of a bright red colour, attended with pain and throbbing. *Erysipelas* spreads more in the skin, with hardly any evident hardness, or swelling, disappearing on pressure, but quickly returning again, the redness having no evident circumscription, but spreading in the skin unequally, with a pain like that of burning, (hence it is called *St. Anthony's Fire* :) this inflammation generally gives rise to a number of small blisters, and terminates in a desquamation of the skin, but never

in suppuration. Phlegmon terminates either by resolution, suppuration, or mortification. By resolution is meant an inflammation going off by a gradual cessation of all the symptoms, the state of the parts remaining entire and perfect. By suppuration is meant the formation of matter, or what is called an *Abscess*. By mortification or gangrene is meant the actual death of the affected part.

In external phlegmonous inflammation, we first endeavour to cure the inflammation, by attempting to bring about resolution by bleeding, especially from the part affected, by applying leeches to it; by cooling purgative medicines, by low diet, and by cold applications to the part, as rags wet with Goulard's water, vinegar and water, &c.

Notwithstanding these means, if the inflammation increases, we may then conclude that it will end in suppuration, and therefore we are to apply warm poultices, frequently changed and kept warm, till there is an evident fluctuation and pointing of the tumor when it should be punctured with a fine lancet, and the puss allowed to run out; if it should be a large tumor, only a portion should escape the first day, and then a second or a third; if very large, the puncture

being closed with adhesive plaister each day, and a fresh puncture, if requisite, made every time: if, however, the tumor is small, the remaining puss will be absorbed. The puss should never be squeezed out. It is of little consequence what the poultice is made of, provided it lays soft and warm on the part; it may therefore be made of bread and milk, linseed meal boiled in milk and water, boiled turnips, or the like; but bread and water is the best.

If an inflammation has a tendency to gangrene, (or mortification) the skin grows livid and loses its sensibility, with blisters and a thin or bloody discharge. In this case the patient must be supported with better nourishment, and wine, bark, and opium: the last is necessary when there is much pain. A carrot poultice, or a fomenting poultice, should be applied to the part; and powdered nitre, or charcoal, scattered on the part is also useful.

The *Erysipelas* Inflammation is also known by the name of the Rose, St. Anthony's Fire, Erysipelatous Fever, &c. The symptoms of this inflammation are mentioned above. It only attacks a part of the body, and is worst when it attacks the face, which is sometimes so swelled as to close the eyes, and is attended with fever

and delirium, and the last is generally a dangerous symptom. Sometimes only half of the face is affected, spreading to the neck and shoulder. One species of this complaint, called the *Zona*, or *Shingles*, goes nearly round the body. Great diversity of opinion has prevailed respecting the treatment of this complaint; but I have seldom found it necessary to take away any blood, or pursue the antiphlogistic plan to any great extent. The attendant fever is oftener of the *low* than the inflammatory kind. Goulard's water, or other cold repellent applications, have often done great mischief in this disease. The safest outward application is hair powder, wheat flour, oatmeal, &c. dusted on the part. Mild cooling purgatives have generally a good effect: but if the inflammation turns livid or dusky, with a low quick pulse, in that case we may allow wine, and give the bark, with camphor and other cordial antiseptic medicines.

Ophthalmia, or *Inflammation of the Eyes*.—Redness of the eyes, attended with pain, and tension, and an effusion of hot acrid tears, the light being painful, shew when inflammation of the eyes has taken place. The inflammation of the eyes is either acute or chronic. The acute inflammation comes on suddenly, and from

various causes, as cold, external injury, night watching, excessive light, intoxication, &c. In the cure of acute inflammation of the eye, it is generally necessary to apply several leeches to the temples, apart from the eyes, and they should be repeated every second or third day till the inflammation abates.

Blisters behind the ears, or behind the neck, are also very useful, as are also cooling purgatives, as salts, &c. The eyes should be guarded against the light, and a double fold of rag wet with a tepid decoction of poppies, or warm water, should be incessantly applied to the eyes while the pain continues, when one of the eye waters may be applied: the latter is perhaps in general the safest.

EYE WATERS.

Dissolve twenty grains of Sugar of Lead (called also Acetate of Lead) in six ounces of Rose Water, or pure water, and add thirty drops of Laudanum.

Take of Sulphate of Zinc, four grains;
Rose Water, eight ounces.

The chronic inflammation of the eye is generally connected with scrofula, and may be known from its long continuance and obstinacy.

Bleeding, purging, and low living, are not necessary in this species of Ophthalmia; but the

patient should be allowed good nourishment, and should take the bark, and minute doses of Mercury, such as one third of a grain of blue pill three or four times a day, and use sea bathing; and when the eyelids are sore, and gum up in the morning, a little of the following ointment may be applied with the finger on the edge of the eyelids every night going to bed.

EYE OINTMENT.

Take one drachm of Prepared Tutty,
 one drachm of White Præcipitated Mercury,
 one drachm of Armenian Bole,
 two drachms of Hog's Lard,
 half a drachm of Tincture of Benzoin.—Mix them.

In the chronic stage of Egyptian Ophthalmia, or the purulent ophthalmia of children, (where the eyes run thick matter) the best eye water is a simple solution of four or five grains of blue vitriol (vitriol of copper) in half a pint of water, with which the eyes may be frequently washed; or it may be thrown into them with a syringe.

Inflammation of the Throat, or Quinsy.—This is one of the usual effects of cold, and is easily known by a difficulty of swallowing, pain and swelling in the throat, &c. As this inflammation soon advances to suppuration, active means should be employed for its resolution: if

inflammatory symptoms run high, bleeding from the arm may be necessary, or leeches to the side of the neck, cooling purgatives, and antimonial or saline medicines. If the inflammation increases, a blister may be applied to the throat, or the application of hartshorn, or hartshorn and oil, with flannel over it.

If the inflammation does not by these means abate in three or four days, we may be almost certain that it will advance to suppuration, and the patient will have no relief till the abscess bursts, or the matter is discharged by puncturing the abscess when it is within reach and can be seen. Before the matter is fully formed and discharged, nothing can be done but wait patiently, applying warm poultices externally; taking down frequently through a funnel the vapour of hot water, to which a little vinegar may be added; gargling or syringing the throat frequently with any common gargle, such as barley water sweetened with honey, and then made a little tart with any acid; currant jelly dissolved in water; or a drachm of nitre dissolved in half a pint of barley water, &c.

The Ulcerated Sore Throat.—I believe that the ulcerated sore throat is the same disease as scarlet fever, which see.

Of the Inflammation of the Windpipe, or the membrane lining it.—This is a disease of children, known by the name of *the Croup*, and is a very dangerous disease. In the croup there is a difficulty of breathing, and a cough, which from the first has a peculiar shrill sound, something like the barking of a dog, and in the breathing there is a wheezing or hissing noise, as if the windpipe was almost closed up by some light spongy substance, which, in fact, is the case in those who die. The method of curing this disease is by bleeding, applying leeches and blisters to the throat, antimonial emetics, calomel given every hour, till the breathing is relieved, warm bath, &c. But as the life of the child depends much on the proper application of these means, it will be prudent to get the best medical advice as soon as possible.

The Inflammation of the Brain.—This is not a common disease in these temperate climates, but is more frequent in hot climates where people are exposed to the heat of the sun. The distinguishing signs are, a most violent and furious delirium, excruciating pain in the head, redness of the eyes, quick pulse, &c.

The treatment of this as well as other inflammations, is in general the same as for inflamma-

tory fever, having particular reference to the part affected. Large bleedings, particularly local bleedings from the temporal artery, or jugular vein, cupping, leeches, &c. The head should be shaved and a large blister applied over it, and linen cloths wet with vinegar and water, may be applied to the forehead and temples, keeping the cloths constantly wet. It is particularly necessary that the patient should be kept quite quiet, and free from all irritation, such as noise, light, &c. The legs should be frequently bathed in hot water, but especial care must be taken to keep the feet warm afterwards, or it will do harm.

Inflammation of any of the parts contained in the Thorax.—If the membrane which lines the chest is inflamed, it is called a *Pleurisy*. If the lungs themselves are in a state of inflammation, it is called a *Peripneumony*. The inflammation may also extend to the heart or diaphragm, but it is unnecessary to treat them as different diseases, for the same membrane which lines the chest, is also reflected over the lungs and other parts, and inflammation will spread from one part to another.

Inflammation in the lungs, or pleura, may be known by an acute pain in the breast or side, which impedes respiration, cough, and frequently

with an expectoration of mucus streaked with blood, with a hard full pulse, and the other symptoms of inflammatory fever. Pleurisy generally requires large and repeated bleedings while the pain and difficulty of breathing continues; and the blood always has, what is called, an inflamed appearance, (that is, after the blood has stood some time and divided into serum and crassamentum, the top of the crassamentum, or cake, is covered with a whitish or yellowish tough substance like glue, thicker or thinner in proportion to the violence of inflammation.) A large blister should be applied to the breast or side over the pain, and cooling, saline, antimonial, or opening medicines should be given as in inflammatory fever.

Inflammation of the Bowels.—This disease is distinguished by a fixed pain in some part of the belly, which is increased by pressure, attended generally by costiveness and vomiting, and the usual symptoms of inflammatory fever. Copious bleeding is always adviseable, and the bowels should always be opened by some gentle aperient medicine, as castor oil, a solution of salts, the infusion of senna, and emollient glysters. A warm bath, or warm fomentations to the belly, are useful, and blisters are sometimes applied.

The most perfect abstinence should be strictly enjoined.

Inflammation of the Liver.—This inflammation is of two kinds, acute and chronic. These diseases are very frequent in warm climates, particularly in the East Indies. The acute species comes on with a pain in the region of the liver, (just below the ribs on the right side, or rather under the lowest ribs,) which pain is increased by pressing on the part, pain also in the right shoulder or clavicle, a difficulty in laying on the right side, cough, and oppression in breathing, and often a vomiting of bilious matter, urine of a deep yellow colour, and often a yellowness of the skin and eyes. The chronic species is slower in its progress, attended with a sallow complexion, loss of appetite and flesh, flatulency, pains about the stomach, high-coloured urine, &c. Acute inflammation often ends in suppuration, to prevent which it is proper and necessary to adopt bleeding, with cooling opening medicines, and a blister to the part. Chronic inflammation of the liver is generally the consequence of free living, and hard drinking, and if the patient can be prevailed on to be temperate, a cure may sometimes be accomplished by a course of mercury, assisted by the Cheltenham waters, or a solution of salts to operate in the same manner.

Inflammation of the Kidneys and Bladder.—

When the kidneys are in an inflamed state, there is a pain in the loins, with a difficulty of passing urine, and symptoms of fever. When the bladder is inflamed, there is a pain below the navel, with a frequent desire of making water, and difficulty in passing it. Inflammation of those parts require bleeding, cooling opening medicines, such as castor oil, warm bath, warm fomentations, glysters, and plentiful dilution with soft mild fluids, as barley water with gum arabic dissolved in it, linseed tea, almond emulsion, and the like.

FLUXES.

Fluxes are of three kinds : *Alvine Fluxes*, or those from the bowels ; *Hemorrhages*, or discharges of blood ; *Humoral Discharges*, or sweats and diabetis.

ALVINE FLUXES.

Cholera Morbus—is a violent vomiting and purging of bile, attended with griping, &c. In this complaint, our first endeavour should be to dilute and wash away the acrid bile, by drinking plentifully of thin broth, whey, tea, barley water, &c. and if the pain is severe, the warm bath or

fomentations may be used, and after a few hours, when the acrid bilious matter is gone off, we may allay the irritation in the bowels by twenty-five drops of laudanum.

Dysentry, or Bloody-flux.—This is known by pain in the bowels, attended with fever, and frequent motions for stool, with evacuations of slime or mucus, often mixed with blood, with bearing down and irritation of the anus. The stools that are passed are often little hard lumps called scybala. The cure of this complaint is generally begun with an emetic of fifteen or twenty grains of ipecacuanha, and afterwards half an ounce of Epsom salts, in mint water, and when this has had a proper effect, one or two grains of ipecacuanha may be given every four hours, till the irritation of the bowels goes off. If there is great irritation in the Rectum, occasioning almost constant motion for stools, (called *Tenesmus*,) a starch glyster, (containing a drachm and half of starch, a quarter of a pint of water, and a drachm or two of laudanum,) will have a good effect, care being taken the starch is boiled and given rather warm, and perfect abstinence enjoined.

Diarrhœa.—This disease consists in frequent evacuations of liquid stools, attended with grip-

ings. When the stools are white like cream, it is called *Cæliac Passion*; and when the food comes away undigested, it is called *Lientery*; and when the stools are quite black, it is called *Melnœa*, or *Morbus Niger*. Loosenesses generally arise either from acid acrimony, or bilious and putrescent acrimony, in the bowels; in either case, plentiful dilution with mild bland liquids will be proper to wash away and dilute the acrimonious fluids; and then a dose of laudanum at bed-time will often complete the cure as in cholera. If it continues longer, the nature of the acrimony must be enquired into. When acid acrimony prevails, the stools are watery; and in this case the following mixture will be useful.

Take of Prepared Chalk, two drachms;
 Powder of Starch, half an ounce;
 Cinnamon Water, six ounces;
 Syrup of White Poppies, an ounce;

Take three spoonfuls, three or four times a day, while the looseness continues violent, adding twenty drops of laudanum to the dose that is taken at bed time.

When the acrimony is of the bilious kind, the stools will be of a deep yellow tinge, or dark coloured, in which case ripe fruits, and even acids may be allowed, and the following powder will have a good effect.

Take of Powder of Cream of Tartar, three drachms;
Powder of Cinnamon, half a drachm;

to be divided into six powders, and one of them taken two or three times a day. But whenever there is a great degree of irritation in the bowels, we are obliged to have recourse to laudanum, without which we can do little good.

HÆMORRHAGES, or Discharges of Blood.

Before we begin with internal hæmorrhages, it may be necessary to mention *Bleeding from Wounds*, by which life is often lost from having no Surgeon at hand. If no artery of consequence is wounded, the bleeding may easily be restrained, by closing the wound, and applying a piece of dry lint over it, with a compress of rag and a moderately tight bandage. If an artery is wounded, the blood will fly out by starts, from the pulsation of the artery; and if the artery is of any considerable size, nothing is to be depended on for stopping the blood, but tying a thread round the artery by means of a needle, or an instrument called a Tenaculum. But if nothing was done till the arrival of the Surgeon, the patient might bleed to death; to prevent this, the wound should be closed, or filled with lint, a thick pad or compress of rag laid over it, and

on this the hand of an assistant should keep a pressure, till the arrival of the Surgeon to secure the vessel. If this pressure is not sufficient to stop the blood, and the wound is in the leg or arm, a handkerchief, or strong tape, should be tied loosely round the limb, above the knee or above the elbow, and then a stick put through it, and twisted to such a degree of tightness, as to stop the circulation in the limb. This requires the greatest care, as more lives are lost by it in the army than saved. The reason for putting the tourniquet or tight ligature *above* the knee and elbow is, there are two bones in the leg and fore arm, with an artery between them, which would not be compressed, if the ligature was placed below these joints, and the bleeding would continue.

Internal Hæmorrhages.—These are either active or passive. Active hæmorrhage arises from fulness of blood, and strong action of the arteries, which forces out the blood. Passive hæmorrhage is from a thin watery state of the blood, and a relaxed state of the vessels. When a young person, in full health, is seized with a discharge of blood, with a flushed countenance, full pulse, &c. we may conclude that the hæmorrhage is of the active kind, and it may cure itself;

if not, bleeding, and a cooling regimen, may be required. But when a weak person, with a pale countenance, and a weak small pulse is seized with a bleeding, we may conclude it is of the passive kind, and requires strengthening and astringent medicines.

Bleeding from the Nose.—This, in young people, is often salutary, and should not be meddled with, unless it is profuse and immoderate, in that case we may endeavour to stop it by keeping the patient cool and quiet, in an erect posture and exposed to the cold air, and cloths wet with cold water, or rather vinegar and water, should be applied to the forehead and temples; and the legs and feet should be kept warm. If the bleeding does not abate, dossils of lint, wet with vinegar, may be put up the nostrils; though I have seldom known any thing of this kind put up the nostrils of much use, for when the nostrils are blocked up, the blood generally gets into the mouth and throat.

Hæmoptysis, or Spitting of Blood.—It is easy to distinguish this disease by the appearance of the blood, it being *florid, frothy*, if coughed up from the lungs; if the blood comes from the nose or fauces, it is darker coloured and without froth. This is always to be considered

as an alarming complaint, it being very often followed by a consumption. This hæmorrhage is generally of the active kind, and requires bleeding, and low diet with cooling and opening medicines; but as the consequences of it are always to be feared, recourse should always be had to the best medical advice.

Hæmatemesis, or Vomiting of Blood.—When blood is *vomited* up from the stomach, it is generally in larger quantity and blacker than when it is *coughed* up from the lungs, and part of the blood always passes down into the bowels and makes the stools black. In plethoric habits, it may be necessary to bleed, and that largely. The bowels should be kept open by glysters. Infusion of roses, or a glass of water acidulated with diluted vitriolic acid, should be taken now and then. In obstinate cases, twenty drops of tincture of steel may be given every hour, till the bleeding stops, (in cold water) or the following mixture.

Take of Infusion of Roses, six ounces :

Cinnamon Water, two ounces;

Diluted Vitriolic Acid, and

Alum, of each one drachm;

White Sugar, half an ounce.---Mix them.

Two or three large spoonfuls to be taken every two or three hours, while the complaint continues violent.

Hæmaturia, or Voiding Blood by Urine.—

This complaint cannot be mistaken, and may be occasioned by falls, bruises, a stone in the bladder, &c. The bowels should be kept open with castor oil. Mucilaginous drinks should be used, such as barley water with gum arabic dissolved in it; marshmallows tea: and as medicines, the infusion of roses, diluted vitriolic acid, or the mixture just mentioned may be used.

Hæmorroids, or Discharges of Blood from the Anus.—By this we do not mean that discharge of blood from the bowels, such as happens in Dysentery, &c.; but discharges of *fresh* blood from little swellings about the anus, called *piles*, or from vessels just within the gut. This Hæmorrhage is seldom alarming, and often salutary; but if it should be immoderate, we may apply cloths to the part, and to the loins, wet with cold water or vinegar. These little eminences called *Piles*, are often very painful and distressing, when there is no discharge of blood from them. Piles are often occasioned by costiveness, and therefore the bowels should always be kept gently open by such medicines as will not irritate, such as cream of tartar and sulphur, equal parts, mixed in treacle, and a tea spoonful taken two or three times a day, artificial spa water of the

opening kind, castor oil, &c.; but no opening medicine which has *aloes* in it, should ever be used in this disease. Incessant attention must be paid to returning them in the rectum beyond the sphincter. External applications are sometimes necessary to relieve the pain, as the following wash.

Take half a pint of Lime Water,
half an ounce of Laudanum.—Mix them.

Or the following ointment.

Take one drachm of Galls, in fine powder;
half a drachm of Powder of Opium;
one drachm of Goulard's Extract;
one ounce of Hog's Lard.—Mix them.

When Piles arise from relaxations and weakness, the following powder has often a good effect.

Take one scruple of Powder of Columba Root,
one scruple of Aromatic Powder.

To be taken twice a day.

Hæmorrhages peculiar to the female sex, should be treated in the same general manner.

HUMORAL DISEASES.

Excessive Sweating, or what are called *Colliquative Sweats*. We seldom see this but as an attendant on consumption and hectic fever, and the safest and best medicines for it are, the

diluted vitriolic acid; twenty, twenty-five, or thirty drops, two or three times a day; or fifteen or twenty drops of the tincture of steel at the same times, in a glass of water.

Diabetis.—In this disease the urine is discharged in larger quantity than the fluids taken down, attended with great thirst, loss of appetite, wasting, weakness, &c.—This disease is very difficult to cure, formerly alum whey (made by throwing three drachms of powdered alum into two quarts of boiling milk, a cupful taken three times a day, was very much recommended by Dr. Mead. Lime water and an infusion of oak bark in lime water, have also been much recommended. More lately Dr. Rolls has proposed to cure this complaint by a diet consisting wholly of *animal food*. The nitric acid has since been recommended by a Dr. Gilby, of Birmingham; and still more lately a Mr. Watt, of Paisley, near Glasgow, has recommended large bleedings, with low diet; but notwithstanding all this, I fear this very obstinate complaint still baffles the skill of physicians.

OF PAINFUL DISEASES.

Gout.—A regular fit of the gout seldom comes on before the age of thirty-five. It seldom

attacks suddenly, but is generally preceded by symptoms of indigestion, as flatulence, acidity, loss of appetite, &c. The fit generally comes on in the night, with pain about the ankle and foot; but the ball or joint of the great toe is the part principally affected with redness, inflammation, and pain. Gout is supposed frequently to attack the stomach, head, &c. and produce dangerous symptoms, and fatal consequences in a short time; but it is impossible to *be certain* when any internal part is affected with gout, at least I have frequently known physicians pronounce pain and sickness to be occasioned by gout at the stomach, when it has afterwards clearly appeared to arise from other causes.

If a gouty inflammation was to leave the foot suddenly, and the stomach, head, &c. immediately begin to be affected, there would be a reasonable ground of strong suspicion that it was a translation of the gout to the part; but even in this case, we could not be certain of it.

The cause of gout is generally free living, that is, indulging too freely in wine, and eating too much, especially animal food and rich sauces, and the want of exercise. It may likewise be brought on, even in those who live temperately (especially where there is an hereditary disposi-

tion) by too close application to study, want of rest, grief, and uneasiness of mind, &c.

Hardly a year passes, without some new specific remedy being offered to the public for the cure of this disease; but while men will indulge in luxury and indolence, they must expect the natural consequences of it.

So variable are the constitutions of gouty people, that no general rules can be laid down for the treatment of them. In a regular fit of the gout, the aid of medicines are not often necessary; but if the patient is languid, and the stomach is affected with flatulence, &c. the following mixture may be useful.

Take six drachms of Volatile Tincture of Guaicum,
 six ounces of Camphor Mixture,
 half an ounce of Tincture of Rhubarb,
 half an ounce of Yolk of an Egg.

First mix the tincture of guaicum with the egg, and then add the rest. Two large spoonfuls to be taken every three or four hours. The application of cold water will abate the inflammation and pain in the feet, &c. but it is not thought safe. A French medicine called Eau d' Medicinal de Husson, which operates as an emetic and purgative, is now very much recommended, and some evidently have been relieved by it: but it begins already to lose credit; and after it

has had a fair trial, I suppose it will have the same fate as other nostrums. Acidity, or acid acrimony in the system, is the principal cause of the gout, and a good deal may be done to prevent it, by taking a tea spoonful of aerated kali, or soda, at any time when the stomach is disordered with acidity. The diet should be entirely animal food, but sparing; and the drink should be taken three hours after it, and be either plain water, or brandy or hollands and water.

Rheumatism.—This complaint is generally brought on from obstructed perspiration, occasioned by keeping on wet clothes, laying in damp linen, or damp rooms, or being exposed to cold when the body has been much heated by exercise. When the swelling and pain in the limbs or joints is attended with fever, it is called *acute*, or *inflammatory rheumatism*, or *rheumatic fever*; and when there is no fever or inflammation, it is called *chronic rheumatism*.

The acute rheumatism may be distinguished from gout, by its attacking young people of regular habits, and by the inflammation attacking the larger joints, as the hips, knees, shoulders, elbows, &c. while the smaller joints, as the fingers, toes, &c. are seldom attacked with rheumatism, but frequently with gout. The acute

rheumatism is to be treated as the inflammatory fever, by bleeding, cooling and opening medicines, low diet, antimonial (or James's) powders, &c. When the inflammation runs high in any joint, half a dozen leeches may be applied to it with advantage. The following powder may be useful.

Take two drachms of Nitre,
 one drachm of White Sugar,
 six grains of Powder of Foxglove ;

mix and divide them into six powders ; one to be taken every three or four hours in any liquor.

After the violence of the fever is abated, the bark may be given with advantage, and opiates may be allowed to alleviate the pain.

Pain in the limbs, &c. without fever, is called *Chronic Rheumatism*, and when it affects the hip joint it is called *Sciatica*, and when the pain is fixed in the loins it is called *Lumbago*, and these are frequently tedious and distressing complaints. Electricity, warm bath, blistering, &c. have been recommended.

The following pills are useful.

Take twelve grains of Calomel,
 twelve grains of Opium,
 twelve grains of Camphor,
 one Scruple of Antimonial Powder,
 a sufficient quantity of Conserve of Roses to make
 it into twenty-four pills.

Two to be taken every night. If the calomel

should make the mouth sore, they must be stopped; and the affected part may be rubbed with the following application.

Dissolve half an ounce of Camphor in two ounces of Oil of Turpentine.

In Lumbago and Sciatica, the following has often a good effect.

Take two ounces of Honey,
two drachms of Oil of Turpentine.—Mix them.

Take a tea spoonful twice a day, in gruel.

Head Ache.—This affection is sometimes common or general over the whole head, at other times it is confined to one particular side of the head, or a small part of it, in some cases it should be considered as deserving of serious attention.

Sometimes the head-ache arises from indigestion, or foulness of the stomach, and this may be known to be the case when the head-ache is attended with vomiting and symptoms of indigestion. In the stomach or sick head-ache, an emetic is often necessary, with such medicines as strengthen the stomach and improve digestion, as bitters, bark, vitriolic acid, steel, &c.

A more common cause of head-ache is plethora, or fulness of blood; or an unequal distribution of it to the head. When it arises from fulness, it may be known by a full strong pulse,

a florid countenance, and heaviness of the head. In this case, bleeding and opening medicines will often remove the pain ; or, if it continues, leeches may be applied to the temples, or cupping behind the neck, and blisters behind the ears, &c.

When there is no *general*, but only *local* fulness, or unequal determination of blood to the head, the feet should be kept *warm* and the head *cool*. The patients should make light suppers, sleep with the head high, and in thin night caps, go to bed with their feet warm and well rubbed, never suffer themselves to be costive, and sponge the forehead with cold water, or apply æther to it. If the head-ache is periodical, and especially if only one side of the head is affected, and the pain returns at the same hour, every, or every other day, it may then almost certainly be cured by taking a tea spoonful of the powder of bark, every two or three hours, between the fits of pain.

The Ear Ache.—This sometimes arises from inflammation, and is attended with throbbing, &c. when we may apply leeches, blisters behind the ears, &c. ; or what answers equally well without the inconvenience, viz. the strong camphor liniment, a tea spoonful put on a piece of flannel and held behind the ear till the part glows, removing it as soon as it smarts, and then applying again

and again in this way without blistering. But if the pain continues to increase, suppuration is then forming, which we may promote by fomentations, and frequently syringing the ear with warm milk and water. Sometimes the pain may be occasioned by live insects getting into the ear. The readiest way of destroying them, is to blow in the smoke of tobacco, and afterwards pour in warm oil. Pain in the ear from other causes, may be relieved by blisters, dropping oil of almonds, and by laudanum.

Tooth Ache.—When the pain arises from a carious or decayed tooth, nothing can be depended on but extracting the tooth; but if it is so situated that it cannot easily be extracted, we may try to alleviate the pain, by a blister behind the ear, or lessen the sensibility of the tooth by the application of laudanum, or by dropping in some acrid oil, such as oil of cloves, oil of cinnamon, oil of origanum. The smoke from the seeds of the hyosciamus (or henbane) blown into the tooth has cured some. A flannel bag filled with chamomile flowers, wrung out of boiling water, then sprinkled with spirits, and applied very warm to the ear and cheek, has relieved both the ear and the tooth ache.

Pain in the Side, &c.—We frequently find

people complaining of violent pain in the side or breast, resembling pleurisy, but without cough or any symptom of fever. Pains of this kind may arise from different causes, but if there is no sign of inflammation or obstruction, they are generally of a *spasmodic* nature, more especially if the pain comes on by fits. Patients complain more from spasmodic, than they do from inflammatory pains.

In all violent pain, wherever it is situated, if it is not attended with inflammation or obstruction, we may very safely give the patients twenty or twenty-five drops of laudanum, and repeat it in an hour if the first has no effect. The more violent the pain is, the larger is the dose of laudanum required to relieve it. All the other antispasmodic medicines, such as camphor, asafoetida, æther, &c. are very uncertain in their effects.

Pain in the Stomach, arises from different causes. When it arises from acid acrimony in the stomach, which may be known by acid eructations, a little magnesia and rhubarb in peppermint water may relieve it. Or the following powder; with the same diet as recommended page 48 in gout.

Take two drachms of Prepared Chalk;
 two drachms of Magnesia;
 two drachms of Liquorice Powder;
 two drachms of Powder of Dried Soda;
 two drachms of Powder of Columbo;
 twenty drops of Oil of Peppermint;

mix, and divide them into twenty powders. One to be taken any time when the stomach is disordered with acidity, (or pain from this cause) mixed in water.

When billious matter is thrown up, an emetic may be given, with plentiful dilution, and the strictest abstinence enjoined.

Violent pain at the stomach often arises from spasms and wind, in which case ten or fifteen drops of the essence of peppermint may give relief. A glyster is also advisable to open the bowels. If these should fail, twenty-five drops of laudanum may be given in a little gin and water, but the permanent cure must be obtained by the diet, as in page 48, and the use of any aromatic, bitter, and alterative pills.

The Colic.—This term is applied to all pains in the bowels, not attended by inflammation. Colic pains generally arise from costiveness, wind, spasms, &c. If a person is seized with violent pain in the bowels, and at the same time the bowels are in a lax state, we can generally afford them pretty certain relief by giving them twenty-five drops of laudanum in a little spirit and water, or in peppermint water.

The first thing to be enquired into in colic complaints, is, whether there is a free passage

by the bowels ; if there is not, a free passage must be procured by a dose of castor oil, or a dose of salts or senna, assisted by glysters, which must be repeated till the obstruction is removed, and then, if the pain continues, it may be removed by a dose of laudanum as above.

If opening medicines are thrown up, and glysters come away without any effect, the case becomes serious, and the best advice should be procured without delay.

In all obstructions of the bowels, particular enquiry should be made whether the obstruction is not occasioned by a hernia or rupture, which is a portion of intestine, or omentum, or both, forced down into the scrotum or groin, or a little above, and forming a swelling there. In this case the patient should always confine himself to bed, apply cold, and endeavour to press back the contents of the swelling into the abdomen, and if he cannot succeed, a good surgeon should immediately be sent for, who may save the patient's life by an operation, if he cannot succeed by milder means.

Of Stone, Gravel, and Obstructions of Urine.

—The signs of a stone in the bladder, are frequent motions to make water, with difficulty and pain in passing it, especially the last few drops,

and sudden stoppages, and frequently bloody urine, in consequence of riding or being jolted, slimy sediment in the urine, and pain or itching at the extremity of the urinary passage.

As all attempts to dissolve a stone in the kidneys or bladder so frequently prove ineffectual, we are to consider the disease as very seldom curable, but by the operation of lithotomy, an operation always attended with danger. When the operation is not submitted to, or not thought advisable, we must endeavour to relieve our patients by the best palliative means we can. In what is called a fit of the stone, when the patient is in violent pain, we can depend on nothing but opiates given repeatedly, till the pain abates, with mucilaginous liquids, such as barley water, with gum arabic, marshmallows tea, and the like, together with the warm bath, and warm fomentations. At those times when the pain is not so violent, the following remedies have sometimes afforded relief:—from twenty to thirty drops of *soap lees* taken three times a day in broth; lime water a pint a day; or soda water in the same or a larger quantity; or the following soda pills.

Take two drachms of Powder of Dried Soda,
two drachms of Spanish Soda;

mix and divide them into middle-sized pills, three to be taken three times a day. Or the aerated kali, two drachms twice a day may do good.

If those alkaline medicines are not found useful, muriatic acid, from twenty to thirty drops, three or four times a day, diluted in water, is worth a trial. Some persons think they have had great relief from drinking an infusion or tea made from the seeds of wild carrots.

The treatment of *Gravel* is the same.—To prevent the formation of uric acid, (a red kind of gravel,) it has lately been recommended to take about twenty grains of magnesia twice a day.

Obstructions of Urine.—When a person can void no urine, and begins to be in pain, we may try a dose of laudanum, a warm bath, and a glyster: but if these produce no effect, no time should be lost, but a Surgeon sent for to take off the urine with the instrument called a catheter, before the bladder gets too much distended.

The Tic Doloieux.—This is a most distressing, and very painful affection of the nerves of the face. It is generally in the nerves of the cheek, just below the orbit of the eye, and extends to

the nostrils, the upper lip, teeth and gums, ear and tongue, &c. Leeches, blisters, electricity, and liniments with laudanum, have sometimes afforded relief, as has also the internal use of opium and hemlock. Dr. Baillie recommends three or four grains of the extract of hyosciamus (henbane) in a pill two or three times a day. The pain is sometimes so violent and distressing, as to render the operation of dividing the affected nerves, which generally is successful. In this disease the diet of page 48 must be followed, in order to effect a permanent cure.

OF SPASMODIC DISEASES.

Tetanus.—Fixed spasms, or rigid contractions of the muscles in various parts of the body, go under the general name of *Tetanus*.

When the muscles of the fore part of the body are affected, it is called *Opisthotones*, or *Empiosthotonos*. When the muscles of the back part of the body are contracted so as to bend the body backward, it is called *Opisthotonos*; and when the muscles which raise the lower jaw are contracted so that the teeth are fast together so that they cannot be opened, it is called *Trismus*, or *Locked Jaw*; but these distinctions, or different

names, are of no use in practice, as the disease and treatment is the same,

Tetanus is much more frequent in warm climates than it is here, and it is often occasioned by some irritation of the nerves, in consequence of punctured or lacerated wounds of the fingers or toes, and other tendinous parts.

The principal remedy in fixed spasms of this nature is opium or laudanum, which in this particular case is required in much larger doses than usual, and frequently repeated, (with a previous copious bleeding to forty or sixty ounces); and if this fail, salivation should be effected as quickly as possible. Warm and cold bathing have also been useful. Tincture of steel in doses of thirty drops, every quarter of an hour, as long as the patient can bear it, has also been found useful. Mercury has also been recommended; but as this is a disease of the most dangerous nature, the best advice should be procured as soon as possible.

Hydrophobia.—This disease is generally occasioned by the bite of a rabid animal, and is marked by a horror or morbid aversion to all liquids, which, when presented, excite convulsive spasms in the throat.

For the prevention and cure of this disease, a great variety of remedies and nostrums have

been recommended to the public, but there is no satisfactory instance of any of them having proved certainly useful, so that no actual dependance can be placed on any thing yet discovered. The part wounded by the teeth of the animal should be cut out as soon as possible; and the surgeon should not be deterred doing this, under an idea that absorption has taken place from the time elapsed, as we know not how long this period may be; by analogy we may confidently speak of a month. Till this operation can be done, the wound should be constantly washed with warm water, or soap and water, and a cupping-glass applied over it. Copious bleeding has lately been recommended in hydrophobia.

OF CONVULSIONS.

Tetanus, as well as epilepsy, hysteric fits, and other spasmodic complaints, may be called convulsions; but I will first consider the convulsions of children. Convulsions in children arise from different causes, and the danger in a great measure depends on the cause from which they arise. When they arise from any local irritation, such as from the eruptive fever attending small pox, teething, acrid matter in the bowels, &c. they are seldom dangerous, and are gene-

rally relieved by a warm bath, lancing the gums, opening the bowels by some mild laxative, &c. But when they arise from any idiopathic affection of the brain, say fever, they are generally fatal; the most active means should therefore be used, such as leeching, followed by active purgatives, and blistering at the back of the neck, immersing the feet in hot water, and applying cold water to the head.

Epilepsy.—An epileptic fit may be known by the person falling down suddenly senseless, every part being agitated by convulsions, with froth or foam working out of the mouth. These fits will return at longer or shorter intervals for many years, without destroying life. The duration of the fit is various; but when the violent agitations cease, the patients lie quiet as in a sleep, and then recover their senses, and know nothing of what has passed. During the fit nothing can be done, but to guard the patient, and prevent him from hurting himself with the violent struggling. The intention of the physician is therefore to prevent the recurrence of the fits; and for this purpose a great variety of specific remedies have at different times been recommended, but none of them have borne the test of experience, for when they have appeared to cure the patient for

a time, yet when the fits have returned again in the same person, the same medicine has had no effect when given again. The following are the medicines which have been most recommended of late years for the cure of Epilepsy; *Nitrate of Silver*, (called lunar caustic,) about half a grain three times a day; *Calcined Zinc*, (called oxyd of zinc,) which may be given from one grain to three or four grains two or three times a day; *Ammoniated Copper*, from half a grain to four or five grains twice a day; *Ammoniated Iron*, from three grains to fifteen grains twice a day; *Valerian Root*, one scruple to two drachms twice a day; *Powdered Mistletoe*, half a drachm two or three times a day. Any of the above may be safely tried. The four first metallic preparations may be made into pills with any convenient substance. Besides these remedies, bleeding, blisters, setons, or issues, are sometimes useful, especially when there is pain in the head, and evidently appear the most rational. Bathing, electricity, &c. are also worth trying in this obstinate disease.

St. Vitus's Dance, or *Chorea*.—This is a convulsive disease, affecting the arms, legs, and sometimes the head; and is often confined to one side only. The arms and legs are thrown into

odd gestures, motions, and catchings. It is chiefly incident to children and young persons, from ten to fourteen years old, but I have known it in older persons.

This disease has usually been treated by antispasmodic and tonic medicines, a great variety of which have often been given with little or no effect. A method of treating this complaint by brisk purgative medicines, has been recommended by Dr. Hamilton of Edinburgh, which I think is the best method of treating it. He supposes the cause of this, (as well as several other diseases,) is a quantity of fæculent matter lodged in the intestines; and to a child of ten years old he orders a powder composed of ten grains of the powder of jalap, and three grains of calomel, to be taken every, or every other, morning, till a quantity of dark-coloured, or bilious matter, is expelled. In many cases of this disease, electricity has been of singular use, and the showerbath is worth a trial.

The Hysteric Fit.—This disease is almost confined to females of an irritable nervous system, the single more than the married, from the age of fifteen to thirty-five or forty. They are readily excited in those who are subject to them, by the passions of the mind, and sometimes they come on from imitation and sympathy. The hysteric

fit begins generally in the left side of the abdomen from which a ball seems to move into the stomach, and then rises up into the throat with a sensation of choking or suffocation, when the patient is affected with stupor, and the body is agitated with various convulsions, which sometimes continue for many hours, returning more violent at intervals. Sometimes the hysteric fit is attended with violent fits of laughing, crying, &c.

Like epilepsy, little can be done while the fit is on, but to take care that the patient does not bruise and hurt herself by struggling.

If she appears of a plethoric habit, six or eight ounces of blood may be taken from the arm, and if any medicine can be got down, the following mixture may be tried.

Take six ounces of Camphor Mixture;
three drachms of Tincture of Asafoetida;
two drachms of Spirit of Hartshorn.

Mix them and let two table spoonfuls be taken every three or four hours.

Or the following æther mixture may also be useful.

Take one scruple of Ammonia;
half an ounce of Mucilage of Gum Arabic;
half an ounce of simple Syrup;
six ounces of pure Water;
three drachms of Æther;
sixty drops of Tincture of Opium.

First shake the Mucilage, Syrup, and Æther together, then add the Ammonia, dissolved in a small quantity of the Water, and then add the rest. Two, three, or four table spoonfuls to be taken occasionally.

When the fits are gone off, the general state of the constitution must be considered, and such tonic or other medicines must be ordered, as are thought most proper to prevent a relapse. Hysteric fits are not dangerous.

INABILITIES AND PRIVATIONS.

Apoplexy.—If a person falls down suddenly, losing all the powers of sense and motion, with a strong full pulse, and a hard breathing, or snoring, we call it Apoplexy, or an Apoplectic fit. In appearance there is no difference between a person in an apoplexy, and in a sound sleep, but that the latter may be waked, but the former cannot.

Apoplexy always arises from pressure upon the brain, and most generally from pressure *of blood*, except in worn-out or dropsical constitutions, when the pressure may be from water: the former is called *sanguineous*, and the latter *serous* apoplexy. I suppose at least nine cases out of ten of apoplexy, are of the sanguineous kind, and

this pressure of blood on the brain, may either be from fulness and distension of the blood vessels of the brain, or from extravasation or effusion of blood. In either case the patient should be freely bled, either from the arm, or, which is better, from the jugular vein or temporal artery. The jugular vein had better not be opened, except it can be done without applying a ligature round the neck, for though only temporary, the pressure on the vessels of the neck may do mischief. Blisters to the head and neck should be applied, and the circulation to the extremities should be increased by warm applications, and stimulating the hands and feet with the following mustard poultice.

Take Flour of Mustard, one part ;
 Oatmeal, three parts ;
 Vinegar, a sufficient quantity to form a poultice.

Boil the Oatmeal and Vinegar together, and afterwards sprinkle in the Flour of Mustard. To be applied warm.

The bowels should next be opened by brisk purgative medicines, or, if they cannot be got down, by stimulating glysters.

If the apoplexy is evidently produced by excessive drinking, the contents of the stomach should be diluted with warm water, if it can be got down. Vomiting in this case is also useful.

A person who has had any symptoms of apoplexy should be very careful to live regularly and sparingly, and should confine himself in a great measure to a vegetable diet, and avoid spirituous and vinous liquors ; he should endeavour to keep his feet warm, and his head cool, he should sleep with his head higher than his body, (but not bent forward on his chest,) his bowels should always be kept open, and he should be bled, or have leeches applied to his temples, whenever he feels any giddiness or pain in his head.

Lethargy—Is only a lesser degree of apoplexy, in which the patient *can* be roused from his stupor.

Palsy, or a *Paralytic Stroke*.—This may be considered as a partial apoplexy, and is generally occasioned by the same cause, viz. pressure on the brain from effused or extravasated blood ; but sometimes it is occasioned from poisons, more especially from the poison of lead. Apoplexy is very often followed by palsy. The most common species of palsy is the *Hemiplegia*, when *one side* of the body is affected, and in violent degrees of it, there is both a loss of *power and motion*, and also of the sense of *feeling* of the affected side. Dissections have shewn that the pressure on the brain occasioning hemiplegia is on the opposite side of the head from the para-

lytic limbs. The cure of palsy must be attempted on the same principles as apoplexy, by promoting absorption from the brain, by bleeding, blistering, purging, &c. It is usual in paralytic affections to endeavour to rouse the affected muscles to action by external stimulants, as spirits, mustard, electricity, &c. but when we consider that neither these, nor internal stimulants can possibly remove the pressure on the brain, we have little to expect from them beyond a negative assistance. When absorption from the brain takes place, it is usually a very slow process, and the patients very gradually recover the use of their limbs, without knowing what does them good; most persons, however, place reliance on mercury, by *very slightly* affecting the system, or by alterative doses.

Of Fainting, or Syncope.—A fainting generally begins with great anxiety about the heart, the pulse and breathing become suddenly weak, with coldness and death-like paleness of the face, cold sweats, &c. Faintings are most commonly occasioned by loss of blood, or excessive evacuations of any kind; sometimes by mental agitation, and also by violent pain.

From whatever cause the fainting arises, the patient should, as soon as possible, lie down on a bed, and volatile spirits should be applied to the

nose and temples, the extremities should be rubbed with warm flannels, and a little cold water sprinkled on the face. A piece of sugar, wet with tincture of lavender, should be put into the mouth frequently till the fainting goes off. When it arises from violent pain, or excessive evacuations, or from agitation of mind, a small dose of laudanum, as eight or ten drops, should be given in warm wine every hour, until the patient is better.

OF ASTHMATIC DISEASES.

The *Asthma* is a spasmodic disease of a chronic nature, which may continue to give very great distress at intervals for a great number of years, and both youth and age are affected with it. When asthma is attended with the expectoration, of phlegm, it is called *moist* or *humoral asthma*; and when there is little or no expectoration, it is called *dry*, or *nervous asthma*.

This disease consists of a difficulty of breathing, with a wheezing or sense of tightness across the chest, so as to threaten suffocation. The patients are often seized in the night, and are obliged immediately to get out of bed to relieve their breathing. Among the many remedies for asthma, I will only mention such as I have found

most useful. In a young person full of blood, with pain in the breast, bleeding may sometimes be necessary; but I have seldom found it useful in asthma. A blister over the breast bone is a very useful remedy. If the asthma is of the dry kind, the æther mixture, page 64, may often be given with advantage. To promote expectoration in the humoral asthma, the following mixture is often serviceable.

Take an ounce and a half of Oxy-mel of Squills,
 half an ounce of Paregoric Elixir,
 a drachm and a half of Antimonial Wine,
 six ounces of Camphor Mixture.—Mix them.

A large spoonful to be taken every two hours.

In all asthmatic cases, the state of the stomach and bowels should be attended to, so as to obviate indigestion and costiveness, by the means recommended under Indigestion. Dr. Bree says, he has found the cold bath useful between the fits of asthma. Smoking the herb called Stramonium, or thorn apple, has been lately very much recommended. The roots and lower parts of the stem are to be dried, cut in pieces, and smoked in a tobacco pipe. It seems in some cases to have relieved the breathing like a charm.

A difficulty of breathing is frequently brought on from water in the chest, when the disease is called *Hydrops Pectoris*, or *Hydrothorax*,

which is distinguished by a sense of anxiety about the heart; difficulty of breathing increased on lying down, dry cough, palpitation of the heart, irregular pulse, paucity of urine, swelling of the legs, which pit on being pressed with the fingers, paleness, &c. **Hydrops Pectoris** is to be treated in the same manner as is recommended in dropsy. The following powders I have found very useful in this disease.

Take half an ounce of Powder of Cream of Tartar,
three drachms of White Sugar,
twelve grains of Powder of Squills,
six grains of Powder of Foxglove Leaves.

Mix and divide them into twelve powders; one to be taken night and morning, mixed in any liquid.

In common difficulties of breathing from cold, attended with cough and stuffing at the breast, the expectorating mixture, page 70, is generally useful, or a mixture composed of equal parts of the vinegar of squills, and paregoric elixir. One or two tea spoonfuls of which may be taken three or four times a day, in any liquor.

Mental Diseases not coming within the province of domestic medicine, are here passed over.

HUMORAL DISEASES. (Internal.)

I. *Dropsy* is an accumulation of water in the different cavities of the body, which has different

names, according to the parts affected with the disease. If the water is accumulated in those cavities called the ventricles of the brain, it is called *Hydrocephalus Internus*, or water in the head. If the water is diffused all over the body, under the skin, in the cellular membrane, this is most seen in the legs and thighs, and may be known by pressing the fingers above the ankle, which will retain the impression of the fingers, and stand in pits. The skin is also pale and shines. This species of dropsy is called *Anasarca*, or *Œdema*. When the water is in the chest, it is called the *Hydrothorax*, *Hydrops Pectoris*, and when the water is in the cavity of the abdomen, it is called *Ascites*. The ascites, anasarca, and hydrops pectoris, are very often the consequences of other diseases, as consumption, diseased liver, and other organic diseases, and therefore in those cases if we are successful in curing the dropsy, we only give the patient temporary relief, the dropsical symptoms returning as the original disease advances.

Hydrocephalus Internus, or *Water in the Head*.—This complaint generally happens in children, and formerly, from not knowing the cause, it was seldom cured, the disease having advanced too far before it was suspected. The advanced

state of science evidently however shews that it is the result of active inflammation in the brain, which may be produced by any irritating cause in infants, such as teething, worms, &c. and therefore now the disease is anticipated, and the little patient treated more actively.

This disease may be suspected when a child appears uncommonly drowsy, heavy and dull, with the pupils contracted or more generally dilated, complaining of pain in the head, has its sleep disturbed by frightful dreams, reluctantly moves its head from the pillow, and these symptoms attended with frequent sickness and slight fever. When these symptoms appear, the best advice should be procured, for when the more certain symptoms of the disease come on, such as stupor, dilated pupils of the eyes, squinting, and convulsions, it is then too late to do any good.

The usual method of treating hydrocephalus has been to give mercury (or apply it externally) in such a quantity as to bring on salivation, but I have never yet seen this to succeed, but it should certainly be given so as to keep the chylipoetic viscera in order. Brisk purges are also recommended, and a succession of blisters on and about the head are generally tried. They are better at the nape of the neck.

Hydrops Pectoris has been already treated of under asthmatic complaints.

The *Dropsy of the Belly* is of two kinds. When the water is flowing loose among the intestines, it is called *Ascites*, and when it is in a cyst or bag it is called an *Encysted Dropsy*, in either of which the water may be plainly perceived by applying one hand to the side of the belly, and patting or striking gently on the opposite side, when the fluctuation of the water will be clearly felt. This species of dropsy is very rarely cured by medicine, and generally ends in tapping, which is seldom more than temporary relief. The water in dropsy should always be attempted to be carried off by strong purgative medicines in the first instance, as this disease, like hydrocephalus, originates in inflammation, (occasionally, perhaps, the result of obstruction in the abdominal viscera,) but even then the purgative medicine is equally serviceable, especially if combined with mercury. The most proper purgative medicines in dropsy, are jalap, gamboge, cream of tartar, &c. In all dropsical complaints, urine is generally made very sparingly, and as *diuretic* medicines do not reduce the strength so much as purges, they have generally been preferred.

The most powerful medicine of the diuretic kind in dropsy is the *Digitalis Purpurea*, or common fox-glove leaf; but it is a medicine of so much power, and so dangerous when improperly given, that it should not be used but under the eye of a judicious medical practitioner. The usual dose of the powder of the leaf of fox-glove is from half a grain to three grains, it is also given in infusion and tincture, both of which should be accurately prepared. The diuretic medicine next in power is the root of the *Squill*, or sea onion, which is much safer than the fox-glove. The fresh root of the squill is given in pills from five grains to fifteen, and the dried root in powder from one grain to three. There are also preparations of squills kept in the shops, called vinegar of squills, oxymel of squills, and tincture of squills. Squills are conveniently joined with cream of tartar, as in the powders, page 71, and they are sometimes conveniently joined with aloes, in dropsy, as in the following pills.

Take two drachms of Spanish Soap,
 half a drachm of Powder of Squills,
 one drachm of Compound Aloes Pill;

Mix and divide them into sixty pills, two of which may be taken night and morning: and under any plan the patient must drink freely.

I have sometimes seen good effects as a diuretic, from a decoction of the tops of the common *broom*, drank in a large quantity.

In the dropsy called *Anasarca*, when the water is effused into the cellular membrane under the skin, and appears by the pitting of the legs when pressed on by the fingers, the same general remedies may be tried; and, if without effect, a great deal of water may be discharged by small punctures through the skin with a lancet above the ancles, or by blisters; but in drop-sical cases small wounds and blisters are often difficult to heal.

There is a species of local dropsy called *Hydrocele*, in which the water is contained in the membrane which envelopes the testis, sometimes to the quantity of a quart, and occasions a very troublesome swelling, though without pain or danger. No medicine will do any good in this complaint; but it is curable by an operation.

OF THE JAUNDICE.

This disease is occasioned by an obstruction in the duct, which carries the bile (gall) from the liver and gall bladder into the intestines, and is easily known from the yellow tinge of the skin

and eyes, the deep yellow, or sometimes almost black colour of the *Urine*, and the white clay colour of the *Stools*. The obstruction in the gall duct may be occasioned by different causes, as by spasmodic contraction, by gall stones, by a thick state of the bile, or by pressure on the duct from a diseased liver, or other causes. The two first-mentioned causes of the obstruction are generally attended with violent pain, which has often been mistaken for gout in the stomach, &c. till the disease has shewn itself by bilious urine, yellowness, &c.

In the jaundice attended with violent pain or spasms, we may give a grain of opium, or twenty-five drops of laudanum, every, or every other hour, till the pain abates; or, if they are thrown up, we may give double the quantity by way of a glyster, which will have the same effect. After the pain abates, if the obstruction in the gall duct continues, an emetic is sometimes given, with a view of forcing forward the obstructing cause by the action of vomiting, but this is an uncertain remedy. The proper flow of the bile into the intestine for the purposes of digestion being interrupted, we may expect to meet with the symptoms of indigestion, as acidity, costive-

ness, &c. together with a sensation of fulness about the stomach.

The best mode of relief in the first instance, (before the bile is suffused,) is the warm bath, and local fomentations; but as soon as the disease has advanced to this latter stage, no reliance can be placed on any thing but the preparations of mercury; as for example, one or two grains of calomel every four hours, till salivation is produced. It may be advisable to give the calomel in the first instance, with large doses of opium; two or three grains of calomel with two or three grains of opium every two hours; if the pain is not relieved by the warm bath, or fomentations, or if incessant retching takes place: indeed large doses of opium will produce relief sooner than any thing, if it be from a spasmodic contraction of the duct. Sometimes the incessant retching appears to be relieved by the saline draughts in an effervescing state, but in general I fear it will go on till the cause is removed. If the bowels are constipated, five or ten grains of cathartic extract, should be joined with the calomel, for in every case the bowels must be kept loose. In the first instance also, it may be proper to mention, if the febrile action is great, recourse should be had to bleeding; when the

pain has subsided, one of the following mixtures or pills may be given with great advantage.

Take six ounces of Infusion of Columbo,
two scruples of Salt of Tartar, (or Soda,)
one ounce of Wine of Aloes.---Mix them.

Two or three spoonfuls to be taken three times a day, before each meal.

Take one drachm of Rhubarb, bruised,
one drachm and half of Madder Root;
Boil them in a pint and a half of water till it is boiled to a
pint, then strain it and add
two drachms of Salt of Tartar, (or Soda)
one ounce of Simple Syrup.—Mix them.

Three or four table spoonfuls to be taken three times a day.

Or, Take one drachm of Powder of Rhubarb,
one drachm of Spanish Soap,
one drachm of Soda,
half a drachm of Extract of Gentian ;

Beat them into a mass, and divide them into common-sized pills. Three to be taken night and morning.

Many specific medicines have been recommended in jaundice, but this is always the case in those diseases which go off of themselves, after resisting many medicines; when the patients are apt to attribute the cure to the last thing that they have done, or taken. The jaun-

dice that is occasioned by pressure on the duct from diseased liver is seldom cured. In this a course of mercury, and the use of the Cheltenham water is usually recommended.

OF THE SCURVY.

The term *Scurvy* is indiscriminately applied to almost all the cutaneous eruptions, but in this place we intend only to consider the *true*, the *real*, the *putrid* scurvy, which has formerly been so fatal to seamen in long voyages; but which is happily now much less frequent, on account of the greater attention paid to ventilation, cleanliness, and the diet of our sailors. The sea scurvy is characterized by extreme debility, a pale bloated countenance, spongy gums, livid spots on the skin, offensive breath, foetid urine and stools, ulcers, swelled legs, and bleedings from different parts.

A diet of fresh vegetables, and drinks strongly impregnated with the juice of lemons and oranges, and other fruit, are more efficacious in the cure of this disease than any medicines. Where fresh vegetable juices cannot be got, the essences of malt and spruce are useful.

ON SCROFULA.

By *Scrofula*, *Struma*, or *King's Evil*, (as it has been absurdly called) physicians mean a constitutional disease, or particular virus in the habit, which by falling on different parts of the body, brings on a great variety of symptoms like different diseases.*

The scrofulous humour generally settles either in the *glands*, or the *bones*, and the disease first appears in little kernels, or lumpy indolent swellings down the sides of the neck, in the arm-pits, and about the breast, or in swellings of the joints of the knee, ankle, elbow, wrist, fingers, &c. &c. These swellings are always indolent and tedious, and do not inflame for a long time; but in pro-

* Scrofula has hitherto (and indeed now perhaps by the majority) been considered an hereditary disease; it most commonly appears first in children, but occasionally not till manhood. I think it is of some importance here to state my opinion of this disease, as I have invariably found the disease treated upon this principle yields readily; and that the practice of others which is most successful, accords with it, although the principle by which it has been directed may have been the old one, that of a particular virus present in the system. I consider it to be simply a debilitated constitution, where the balance of circulation is so easily disturbed; the slightest cause produces a local inflammation, and which, from the same cause, in lieu of terminating in the usual mode by a healthy suppuration, ends in a relaxed state of the part, which is thereby unable to secrete a healthy pus, which must take place before cicatrization can be effected.

cess of time they break, and run for a long time without healing. A thickness and swelling of the upper lip often attends scrofulous habits. The above is the way in which scrofula commonly shews itself; but the scrofulous virus, or acrimony, often attacks the eyes, and brings on a tedious and obstinate inflammation of them, which is not cured, but made worse by bleeding, and the usual lowering means made use of in common inflammations of the eye.

Frequently the scrofulous virus falls on the lungs, and brings on a consumption of the worst kind. It also often falls on the glands of the mesentary, and brings on swelled belly, and an obstinate diarrhoea. Deep-seated abscesses, curved spine, and fistulas are often occasioned by this distressing malady.

Scrofula is often hereditary, and yet it is often brought on from debilitating causes, such as poor living, unwholesome food, or living in damp situations, &c. It is always a disease attended with great debility, and therefore evacuations and low living do harm.

Without enumerating all the remedies which have been recommended in scrofula, I will only mention those which I have found useful.

Sea Bathing, and drinking Sea Water in

such quantities as not to purge, are useful, as is also a dose of *bark* two or three times a day; good diet, good nursing, and comfortable lodging, are all to be recommended. But I think I have seen the Soda do more good than any other medicine, and it has the advantage of being cheap, which is a matter of some consequence among the poor, who are the most common sufferers from this disease. An ounce of Soda may be dissolved in a quart of water, and a wine glass full given three or four times a day, or as much as can be conveniently got down.

OF CANCER.

There appears to be some kind of connection between this disease and scrofula, as those who are subject to scrofula in their childhood, are more particularly subject to cancer in the decline of life. Cancer like scrofula attacks chiefly the glandular parts, particularly the female breasts. The lips, nose, and other parts, internal as well as external, are also sometimes attacked with cancer. Before a cancer breaks into an open sore, it is called a *scirrhus*. Scirrhus tumours in the breasts or other parts, may be distinguished from other tumours, by their peculiar *hardness*,

and it is of great consequence that they should be distinguished *early*; for as no certain remedy is yet known for cancer, no time should be lost in ascertaining its nature, that it may be removed in this early state by an operation, which is much less painful than is generally imagined. If this operation is neglected, the lump, (though it may continue indolent for a long time,) grows larger, attended with shooting or darting pains: at length the skin breaks, the sore spreads, attended with foetid discharge and bleedings, till at last the poor sufferer is relieved from her misery by death.

Hemlock, steel, and several other remedies have been recommended, but they generally end in disappointment. To correct the foetid smell from cancer and other putrid sores, the carrot poultice is a useful application, made by boiling carrots till they are soft, and then beating them to a smooth pulp, softened, if it is required, by the water they are boiled in.

The next morbid acrimony or virus we come to is, what is called the venereal poison, as it appears in the disease called *virulent gonorrhea*, and *lues venerea*, those bitter scourges of unlawful indulgence between the sexes, which generally ended in a peculiarly miserable death, before it was discovered that mercury would cure them.

As these diseases are seldom the objects of domestic medicine, I shall pass them over, as well as some complaints peculiar to the female sex.

OF STOMACH COMPLAINTS.

No complaints are of more frequent occurrence than those known by the names *dyspepsia*, *indigestion*, *chronic weakness*, &c. We may here also include many of those complaints known by the name of *bilious hypochondriac* and *flatulent* disorders.

A very common cause of stomach complaints, is the want of a proper and healthy secretion of bile or gall, which is secreted by the liver from the blood, and is poured from the gall ducts into the intestines a little below the stomach, and has a very important use in the digestion of our food. The fault in the secretion may be in different ways, as, 1st, there may be too great a secretion of bile, in which case it is thrown up from the stomach, or passes off by the intestines in loose bilious stools, as in cholera morbus: 2dly, there may be too sparing a secretion of bile, or it may be obstructed in its passage into the intestine, where it will be wanted for the purposes of digestion, as in jaundice: or, 3dly, the bile may want

its usual and healthy active properties from some fault in the secretion ; this is difficult to distinguish, except it shews itself by bile of an uncommon appearance being thrown up, or in an unnatural appearance in the colour of the stools.

In what is commonly called a bilious state of the stomach, or when there is too *great* a secretion of bile, I would recommend one of the cream of tartar powders, page 39, to be taken every night, and twenty drops of *diluted vitriolic acid*, twice a day in a glass of water, with the use of fruit, and but little animal food, especially fat meats and butter. When there is a want of bile, either from obstruction or diminished secretion, ox gall inspissated and made into pills has been recommended, and the bitter alkaline opening medicines recommended under jaundice to supply the want of bile, will be found useful. When vitiated bile is secreted, or the secretion is diminished, there is generally some disease of the liver, for which the Cheltenham waters and a mercurial course may be necessary ; but it will be prudent to get the best advice.

Two of the most common causes of indigestion, are hard drinking, and over distension of the stomach by food, especially if the latter be taken after long fasting, and not masticated well,

which is seldom the case when the distance of taking food is great. The quantity of wine which it is now the fashion to drink at dinner, is certainly unfavourable to digestion. Wine does not promote digestion, but rather hinders it. If our food wants diluting, water is the best diluent. I have rarely found stomach complaints among the laborious classes, (who never touch wine) except from accidental causes ; it is almost exclusively among the higher classes that these diseases abound, a convincing proof that wine and spirits are not necessities of life, except they are made so by habit.

If the practice of drinking is continued, it is in vain to expect any thing more than a temporary effect from medicine.

Besides free living, indigestion may be brought on from grief or anxiety of mind, intense study, profuse evacuations, and other causes.

A long train of symptoms attend on this disease, such as loss of appetite, nausea, heartburn, flatulence, faintness, or sinking at the stomach, acid eructations, costiveness, pale countenance, languor, low spirits, palpitation, &c. In treating this complaint, we must enquire into the state of the bile. If acidity prevails much, it may be occasionally relieved by taking a tea spoonful of

aerated kali, or a little magnesia, or one of the following powders mixed in water; (a prescription for preparing the powders, page 53.) In this state of the stomach, bitters have often a good effect, such as the compound infusion of gentian, or the infusion of columbo, of either of which a small wine glass full may be taken twice a day. Or the following mixture.

Take of Shavings of Quassia Wood two drachms, infuse it four hours in a pint of Lime Water, and strain it; and add to it Compound Tincture of Cardamoms, one ounce. Three table spoonfuls of it to be taken three times a day.

When the state of the stomach does not shew much bilious or acid acrimony, but there is a want of appetite with flatulence and a pale countenance, chalybeates have generally a good effect; such as the natural chalybeate waters. Or ten or fifteen drops of tincture of steel may be taken twice a day in a glass of water, or the following chalybeate pills;

Take one drachm of the Powder of Columbo Root,
one drachm of Aromatic Powder,
half a drachm of Præcipitated Steel,
half a drachm of Extract of Gentian,
as much Mucilage of Gum Arabic as is necessary
to beat it into a mass;

to be divided into common-sized pills; three to be taken twice a day.

Costiveness should be prevented by taking a

common aloes pill every night, or by the following mixture ;

Take six ounces of the Infusion of Senna,
one ounce of Tincture of Gentian,
half an ounce of Tincture of Cardamoms ;

Mix them, and take two or three table spoonfuls in the morning when necessary, and in all cases the diet should be entirely animal food, but sparing, drinking only water, or a slight quantity of brandy in it, and not within one hour of taking the food, or less than three hours after it.

OF THE ANGINA PECTORIS.

The nature of this disease is not very well known, but those who are afflicted with it are seized suddenly while they are out walking, (especially walking up hill, and after eating,) with a painful and most distressing sensation under the breast bone, and a constriction threatening immediate death or suffocation, attended with pain in the left arm ; sometimes this complaint will come when the patient is in bed.

As this disease is evidently of a spasmodic nature, if there is any time for medicine, a dose of laudanum and æther may afford relief. A blister to the breast bone, and issues, have been found useful in putting off the paroxysm. But

strict temperance, and great regularity in diet, &c. is necessary to preserve the patient's life; for in this disease they frequently die suddenly.

OF THE APHTHÆ, OR THRUSH.

This is a very common complaint in young children, but it may happen at any age. It shews itself in little white specks on the tongue and whole inside of the mouth, which look like particles of curdled milk, sticking to the tongue, &c. It is necessary to keep the child's bowels open with magnesia, or the like, continued with some warm aromatic, and scattering a little of the following powder on the child's tongue will generally cure it.

Take two drachms of White Sugar,
one drachm of Powder of Borax.—Mix them.

Or a drachm of borax may be mixed in an ounce of honey to answer the same purpose.

WORMS.

The symptoms of worms in the stomach or intestines are so very uncertain, and I have so often known diseases treated as worm cases, which have afterwards proved of a different nature, that I have long learned to place no

dependance on the symptoms of worms, except they shew themselves by being some of them expelled by the stomach or bowels. The worms that have been found to infest the human body are of three kinds: the small white worms like pieces of thread, called *Ascarides*: the long round worm called *Lumbricales*: and the very long flat worm called the *Tenia*, or tape worm. For the two former species of worms there is no better medicine than two or three doses of calomel and jalap, which should be followed by some chalybeate, such as a few drops of the tincture of steel twice a day in water, or rather the carbonate of iron or powdered rust of iron, which may be given in doses of four or five grains twice a day in currant jelly or brown sugar, to a child two or three years old. The ascarides are generally lodged in the rectum, and occasion a very troublesome itching at the seat, they are best brought away by brisk purgatives, or by bitter and oily glysters.

The best medicine I have found for the tape worm, is the filings or scrapings of tin in large doses, as one ounce, mixed in treacle, in the morning; the two following mornings half an ounce, and then a brisk purgative.

The oil of turpentine in large doses has been

lately recommended as a remedy for tape worm; and has been used with good effect.

THE ITCH.

This eruption may be known by its appearing between the fingers, about the wrists, arms, thighs, &c. by the intolerable itching when warm in bed, and by its being very readily communicated from one person to another. It cannot be so certainly known by its appearance, as from the above circumstances.

The outward application of sulphur is the most certain and safe cure for it. The parts affected may be well rubbed every night, till the eruption ceases to be troublesome, with the following ointment.

Take two ounces of Flour of Sulphur,
four ounces of Soft Pomatum, (or Hog's Lard,)
thirty or forty drops of Lavender, (or Essence of
Lemon.)—Mix them.

Other remedies frequently fail, and are not so safe as sulphur.

THE RICKETS.

This disease is peculiar to infancy, and may be known by the following symptoms. An enlargement of the head and belly, flattened ribs, breast

bone raised, enlarged joints, the bones become soft, and give way to the weight of the body, hence the legs become crooked and distorted.

In this complaint I have always found a good effect from chalybeate medicines, and therefore to a child two or three years old, three, four, or five drops of the *Tincture of Steel*, or double the quantity of the *Solution of Alkaline Iron*, may be given twice a day in any liquid. Or instead of these, one of the following powders twice a day.

Take one scruple of the Carbonate of Iron ;
 one scruple of the Powder of Rhubarb ;
 ten grains of White Sugar ;
 two drops of Oil of Cinnamon.

Mix and divide them into six equal powders.

Cold bathing has generally a good effect, and if it agrees with the child, it should be continued for a long time. As we know that *acids* will dissolve the earthy parts of the bones, and make them soft, all acids and acescent food should be avoided ; and if any acid shews itself in the child's constitution, it should be corrected by any of the alkalies, or by giving ten or twelve grains of the *Phosphat of Lime* three times a day. Exercise and good nursing are also necessary in this disease.

STRANGURY.

This complaint is a constant and painful irritation to make water, which, when it arises from the irritation of a stone or gravel, must be treated as recommended under those diseases. But it is often occasioned by the application of a blister, or other trivial cause, as colds, acidity of stomach, &c. when it may readily be cured by drinking plentifully of barley water, in each pint of which an ounce of gum arabic should be dissolved.

CATARRH, OR COLD.

Inflammation of the Mucous Membrane of the Nose, Throat, and Lungs.—This complaint (which should have been described with the other inflammations) is known by the name of *Catarrh* or a *Cold*, the symptoms of which are very well known, such as a dull pain in the head, redness of the eyes, heat and stuffing of the nose, hoarseness, soreness of the throat, sneezing, &c. It is occasioned by exposure to the cold when the body is heated, or in a perspiration, or from sudden changes in the air.

In mild cases the aid of medicine may not be necessary, and it will be sufficient for the patient to confine himself to the house, and use an abste-

mious diet, and drink freely of warm diluting liquors, such as barley water, whey, teas, &c.

In rather severer colds where there is a tendency to cough, or soreness in the chest and more fever, a saline draught frequently taken, will be useful; keeping the bowels open, by joining two or three spoonfuls of infusion of senna to a saline draught, if it is necessary.

Breathing over the vapour of warm water, by means of an inhaler, or by a teapot or jug, covered by an inverted funnel, is an excellent remedy for colds.

If inflammatory symptoms begin to come on in the breast, bleeding may be necessary, and small doses of James's powder, or what is better, the tartarized antimony, a twelfth of a grain every three or four hours, a blister to the breast, and such other means as are recommended in pleurisy, &c. If there is no fever of consequence, and a cough is troublesome, the mixture with oxymel of squills, page 70, will be useful, or the following mixture.

Take ten grains of powder of Ipecacuanha,
 three grains of Mucilage of Gum Arabic;
 three ounces of Pure Water;
 twenty drops of Laudanum;
 one ounce of Sugar, or Honey.

Mix them, and take two table spoonfuls every three or four hours.

None of the *oily* or *sweet* medicines usually given in colds are of much use, though they sometimes allay irritation in the throat. The Spanish Juice, or refined liquorice, may perhaps be an exception; and the mucilage of gum arabic, or a little of the gum frequently dissolved in the mouth is frequently of service. Where coughs are of a more obstinate nature, nothing will allay the irritation but opium, or some of its preparations; and some medicine of this kind is necessary where the patient is harassed all night with coughing. In those common epidemical colds called the *Influenza*, from some general cause in the atmosphere, the same general means must be used.

HOOPING COUGH.

This is considered as an infectious disease, and occurs but once in life. It is not to be distinguished at the beginning from a common cold, till the distinguishing mark of the disease comes on, which is a peculiar convulsive kind of cough, the patient not being able for some time to respire, and then respiration is effected by a shrill kind of noise like the crowing of a cock, and these fits of coughing are attended with such a determination to the head that the nose often

bleeds, and vomiting is excited. The hooping is often very tedious, but it is very seldom fatal. Where the disease takes place in a child of a full habit, *bleeding* may be of use. Antimonial *emetics* have also a very good effect, and require to be very frequently repeated.

After the disease is established and arrived at its height, it usually continues for many weeks, and goes off gradually. During this protracted state of the disease, a change of air is recommended, and a variety of specific remedies have been tried, but their effects are uncertain. *Hemlock* was recommended by Dr. Butter. *Musk* was recommended by the late Dr. Hugh Smith. *Tincture of Artificial Musk*, I think I have given with a good effect, in doses of from ten to twenty drops, two or three times a day, in barley water. *Tincture of Foxglove*, and *Fowler's Solution of Arsenic* have also been given, but I have had no experience of them. The following specific has been much given in the North of England.

Take an ounce and a half of Tincture of Bark ;
 half an ounce of Paregoric Elixir ;
 one drachm of Tincture of Cantharides.—Mix.

A tea spoonful to be given three or four times a day, and the dose gradually increased, till a slight

strangury is excited, and then the dose diminished again.

ON CONSUMPTION.

It is melancholy to think of the numbers who fall victims to this destructive malady in this kingdom, chiefly among the young ; and notwithstanding the many boasted remedies for it, it is very seldom in the power of human means to arrest its progress.

Consumption usually begins with a short dry cough, from which nothing is expectorated for some time except a frothy mucus. The breathing is at the same time somewhat impeded and quickened on any exertion ; a sense of straitness or tightness at the breast is experienced ; the body becomes leaner, with loss of appetite. This state continues a considerable time, during which the patient is affected with colds, and his cough becomes more troublesome, especially at nights, attended with an expectoration increased towards morning ; by degrees the matter expectorated becomes more viscid and opaque, and has a more purulent or pus-like appearance, and is often tinged with blood. Sometimes the spitting of blood is to a greater degree, as in hæmoptysis. The breathing at length becomes more difficult,

and the emaciation and weakness go on increasing, with pain in the side or some part of the thorax, and the patient cannot lie on one or other of their sides without the difficulty of breathing being increased, or the cough excited by it. The pulse in consumption is always quick, seldom being under one hundred, and often one hundred and twenty in a minute. The face flushes, particularly after eating, the palms of the hands, and the soles of the feet are affected with burning heat, evening exacerbations of fever become obvious. This is what is called *Hectic fever*, which fever is evidently of the remittent kind, but bark will not prevent the fits.

Either profuse sweats, or diarrhoea generally attend this state, and the patient gradually sinks under it, retaining the use of his mental powers till the last, and generally and vainly expecting to recover.

In the first stages we can sometimes obviate the fatal tendency of this complaint, by preventing the inflammation and suppuration of those little hard tumours called tubercles, which are beginning to form in the lungs. This is to be attempted by a regular cooling diet, consisting principally of milk and vegetables, particularly cooling ripe fruit; by change to a warmer

climate ; by occasional small bleedings, as the patient can bear them ; by the application of blisters to any part of the thorax where the patient is pained ; by cooling medicines, as saline draughts, or nitre, joined with a little foxglove ; and by a drain from the thorax by means of a seton, or large caustic issue in the affected side, which I believe has often warded off the disease. The patient should avoid heated crowded rooms, and all irritation of the lungs, from singing, reading aloud, &c.

In the more advanced stages of consumption, little can be done, except to palliate and relieve urgent symptoms. When excessive night sweats attend it, the means mentioned page 45 may be tried, and if diarrhoea is troublesome, the medicines mentioned at page 38.

The principal means of relieving the patient in a disease like this, which cannot be cured, is by giving opiates to relieve the incessant coughing and other distress ; for this purpose from fifteen to thirty or forty drops of laudanum may be given every night, or the following pills.

Take twelve grains of pure Opium ;
a drachm and a half of Extract of Liquorice,
(called Spanish Juice.)

Let them be beat together in a mortar till they

are thoroughly mixed, and then divided into twenty-four pills, two of which may be taken every night, to the great relief of the patient.

If he has been accustomed to laudanum, a larger dose will be required, as three or four pills every night. The decoction of the Iceland liverwort may be tried, but I am not clear that I have seen it do good in consumption. Ass' milk is often recommended, or to those who have an objection to the milk of the ass, the following artificial ass' milk may be substituted.

Take half an ounce of Eringo Root ;
 half an ounce of Pearled Barley ;
 three drachms of Liquorice Root, sliced ;
 a quart of Water.

Boil them together till it is reduced to a pint, then strain it, and add an equal quantity of Cow's Milk.

I have known some recoveries from consumption in consequence of inhaling the following vapour, and therefore have always thought it right to try it; but we must not be too confident of success from this or any other means. Dissolve two drachms of Peruvian Balsam in two ounces of Æther, and put a large tea spoonful of this solution into a teapot half full of boiling water, and cover the teapot with an inverted funnel, of a proper size to fit the teapot, and

then let the patient take down the vapour into his lungs, by breathing it through the pipe of the funnel, as long as it will rise. Use it in this way every night.

ON SOME SURGICAL DISEASES AND ACCIDENTS.

Bruises and Strains.—The very best remedy in bruises and strains is the application of (if it can be done immediately, or within an hour or two) flannels, wrung out of boiling water, and applied for two or three hours. The generality however of surgeons perhaps apply a few leeches; after either of these remedies, it will be proper to apply the following embrocation.

Take two ounces of Vinegar;
three ounces of Rectified Spirit of Wine;
one ounce of Water;
one drachm of Camphor.

Dissolve the Camphor in the Spirit, and then add the Vinegar and Water.

Of Fractures and Dislocations.—A bone may be known to be fractured, by the patient's inability to move the limb, by its bending or giving way when pressed on, or lifted up, attended with a grating sensation.

A dislocated joint may be known from the

pain and inability to move it, and from its appearance being unlike the sound joint.

As fractures and dislocations are not the objects of domestic medicine, it is not necessary to say more in this place than to advise the patient to be carefully removed to his own habitation, and to apply to the fractured limb, cloths wet with Goulard's water, or the like, till the surgeon arrives.

Dislocations of the Head and Neck, are fatal before a surgeon can be sent for, but a judicious person present at the accident might sometimes save the patient's life.

In these dislocations the head falls forward upon the breast, and the patient is instantly deprived of his senses. When this happens, the patient should be seated on the ground, an assistant should press down the shoulders, while another standing behind should raise the head from the breast, and pull it in a gradual way upwards, till they feel it slip into its place.

It is unnecessary saying any thing about *Fractures of the Skull*, as in those cases the best surgical advice must be procured; only, if a person after a fall or blow on the head, lies stupid and insensible, he should be bled as soon as possible.

Of Burns and Scalds.—Dr. Kentish a few years ago recommended the application of oil of turpentine to the burned surface, and afterwards covered the parts with an ointment made warm or stimulant with oil of turpentine, and this I have certainly applied with success in many cases. Cold applications are now considered the best, such as Goulard's water, &c. but as cold water is always at hand, and is, I believe, in this case, equally useful, the part affected may be immersed in cold water, or cold wet rags may be constantly applied till the pain abates. To prevent the rag sticking to the sore, it may be as well to apply first a piece of rag, spread thin with any simple ointment, and then the rag wet with the water over it. Dr. Parkinson has lately advised a method of applying cold by evaporation, which I have also used with great success. If the skin is not off, the method is to apply spirits to the inflamed skin, and as it evaporates keep dropping on more spirits. If the skin is off, apply a piece of rag wet with spirits over the burned part, and keep dropping more spirits on the rag as it dries. The quicker the evaporation, the greater degree of cold takes place, and therefore *æther* would be the best, but accidents have happened by candle light from the *æther* catching fire. A

mixture of æther and spirit of wine, or spirit of wine alone, or mixed with water, or, if none of these are at hand, the rag may be wet with any common spirit, as brandy, rum, &c.

THE EFFECTS OF EXTREME COLD.

Extreme cold proves fatal from its coagulating the blood in the extremities, and forcing too great a proportion of it into the brain, which brings on apoplectic symptoms, preceded by great drowsiness or sleepiness. The traveller who feels this, should redouble his efforts to keep himself awake, for if he indulges in this sleep, it will be fatal to him.

To a person in this state, warmth should be communicated very *gradually*. When a limb is frozen, heat must be very gradually communicated, for if heat is *quickly* or *suddenly* communicated, violent inflammation and mortification will be the consequence. In order to thaw a frozen limb, it has been found best to rub it with snow, until sensibility and motion return; if snow is not at hand, very cold water must be used instead of it, and as soon as marks of sensibility and motion are perceived, the frictions are to be made with brandy, or camphorated spirit of wine.

OF ULCERS IN THE LEGS.

Many people's lives are made very painful and uncomfortable by ulcers in the legs; which generally are of a local nature, and may be safely cured by the following easy method, especially when the veins of the legs are in what is called a varicose state, (that is, the veins of the leg are knotty, or bulged out.) The method of curing them was invented by Mr. Baynton of Bristol, and is as follows:—slips of rag, about two or three inches broad, and three or four inches longer than will go round the leg, should be spread with common diachylon plaster, to which a little rosin should be added to make it stick better; then take one of these slips of plaster and apply the middle of the plaster to the opposite side of the leg, to where the ulcer is, and bring the ends of the plaster round, and cross them upon the ulcer, moderately tight, and stick down the ends; if the ulcer is large, it may require two slips or more to cover it, for the ulcer should not only be covered itself with the plaster, but an inch above and below it. After this a compress of linen folded three or four times, should be applied over the ulcer, and then the whole leg from the foot to the knee should be very equally and

smoothly rolled moderately tight with a calico roller four inches broad, and four or five yards long; and when the leg is hot and inflamed, the roller should be dabbled now and then with cold water. When there is no heat and the weather is cold, a flannel roller may be used.

DEAFNESS.

One of the most common causes of deafness is the blocking up of the auditory passage by the accumulation of wax, in which case the ears should be well and repeatedly syringed with warm water, or soap and water, and afterwards putting in a little wool or cotton wet with a few drops of oil of almonds. There is no difficulty or danger in syringing the ears, and therefore any person may do the operation with a common ear syringe. When deafness arises from decay, electric sparks, or blisters behind the ears may be of use. When the matter is discharged from the ear, the principal remedy is to keep the part clean by frequent syringing. Deafness will sometimes arise from deficiency of wax, when the ears always appear dry, in which case two or three drops of camphorated oil may be dropped into the ears every night, or the following mixture.

Take three drachms of Oil of Almonds,
one drachm of Oil of Turpentine.—Mix them.

OF ERUPTIONS ON THE SKIN.

This includes all those cutaneous eruptions, commonly but improperly called *Scorbutic*. Pimples or pustules on the face are often the consequence of high living, or excessive drinking, and the best remedies for it are a course of Harrowgate, or any of the purgative spa waters, natural or artificial. The following lotion has been useful in eruptions on the face.

Take two drachms of Præcipitated Sulphur,
one Scruple of Sugar of Lead,
eight ounces of Rose Water.—Mix them.

The parts affected to be washed with it, night and morning.

The scaly eruptions of the skin are generally of a local nature, and are often cured by the following ointment.

Take one drachm of Nitric Oxyd of Mercury,
one drachm of Submuriate of Mercury,
one drachm of Acetate of Lead;
rub them into a fine powder, and then add
one ounce and half of Wax Ointment, or Hog's Lard,
a few drops of Essence of Lemon, or Bergamot.

Mix them. The part affected to be rubbed with it every night.

If the case is obstinate, one or two of the pills called *Plummer's Pills*, (known in the shops by the name of *Pills of Submuriate of Mercury*,) may be taken night and morning.

Ring Worm—May generally be cured by the application of the above ointment.

Ring Worm of the Head—Is a very common and obstinate complaint, and requires daily washing with soap and water, and then the above ointment is as good an application as any I have seen tried. This complaint is very infectious, and is easily caught, by children using the same comb, or wearing each other's hats.

Scald Head—Is a scabby eruption of the hairy scalp, which is contagious, and often very inveterate. The same remedies may be tried as in *Ring Worm of the Head*, but it is sometimes not to be cured, without the application of pitch plasters, or other plasters so adhesive as not to be removed without pulling up the hair roots, a very painful unpleasant remedy, but it is generally successful.

Of the Whitlow.—This is an inflammation of the ends of the fingers, which, if the skin only is affected, and the matter effused under it, is not of much consequence; but when it is deeper seated, it is often a serious disease and occasions much pain and distress. When, from much pain and throbbing in the finger we suspect this disease is coming on, a few leeches should be applied to the finger, and after they fall off, put

the hand into warm water and let it bleed as long as it will, and afterwards apply rags wet with the following lotion.

Take six ounces of Solution of Acetate of Ammonia,
two ounces of Spirit of Wine.—Mix them.

This method will often prevent the formation of matter; but if notwithstanding these means the pain and swelling increase, we have then reason to think that matter *will* form, and should apply warm poultices, and the parts should be opened as soon as ever we think any matter is formed.

ON RUPTURES.

A Rupture is a protusion or descent of some of the contents of the belly, into the scrotum or groin, in males, and into the groin, &c. in females. The protusion will also sometimes be at the navel. Ruptures may be caused by any violent exertion, as lifting heavy weights, violent straining, coughing, &c. The protubed part may be either intestine, or omentum, or both. A rupture may be distinguished from other swellings by its receding or going back when in bed, or on pressure, and by its being forced down on coughing, straining, &c.

While a rupture will go up and fall down

again, on change of posture, &c. it is not immediately dangerous, but a person who has a rupture should never neglect to wear a truss, because with the assistance of this bandage, they can go about their business with ease and pleasure, and without a truss their lives are in perpetual danger; and if the rupture should become fast so as not to go back, it then becomes what is called a *strangulated Rupture*, and very soon brings on violent colic pains, swelling of the belly, vomiting, no passage by stool, &c.

In this case, it is in vain to give purgative medicines to procure stools, for the obstruction in the bowels is solely owing to the intestines being fast in the groin, &c. and nothing can pass while the stricture continues there.

In all the obstructions of the bowels, inquiry should be made whether the patient has any swelling about the groin, &c. for he may himself be ignorant that this swelling (which is sometimes very small) is the cause of his being so violently ill, and if it is discovered that he has a strangulated hernea (or rupture) he should be directed to go to bed immediately, and lie with his head low, and apply a cold wet cloth to the swelling, and he or some other person should keep a gentle pressure on the part, so as to press up the con-

tents of the rupture into the abdomen. If this should not soon succeed, the best surgical assistance should be procured without delay, for if the intestines remain in this situation, it will soon mortify and destroy the patient ; and if the surgeon cannot succeed in returning it, the patient's life may often be saved by an operation. This operation consists in carefully cutting down to the stricture and dilating it with a knife, when the contents of the rupture will be at liberty and go up. If the surgeon cannot arrive for some time, and the patient is in violent agony, a full dose of laudanum will give him temporary relief, and suspend the mischief in the part ; but no disease requires the assistance of a good surgeon more than this. Ruptures are so common, that some have calculated that one seventh of the human race are subject to them, and any gentleman may become very useful to his poor neighbours by being a subscriber to some of the charitable institutions in London for supplying the poor with trusses of a proper construction, many of whom suffer most grievously for the want of them. A truss must never be applied when a *rupture is down*, because the pressure *upon the rupture* would do great mischief to it ; but after it is gone up (or is pressed up) then the pad of

the truss, pressing upon the place where it came down, will prevent it coming down again, will be a great relief to the patient, and enable him to go about his business as usual.

ON THE MEANS OF PREVENTING INFECTION IN CONTAGIOUS FEVERS.

A good deal may be done to prevent infection by fumigations, but at the same time great attention must be paid to ventilation and cleanliness. Air should be freely admitted into the room; but, if the patient is in a perspiration, the air should not blow directly upon him. The linen of the patient should be frequently changed, and every thing offensive about him (as urine, stools, &c. should be immediately removed out of the room.

The best fumigation for preventing infection, is the *Oxygenated Muriatic Acid Gas*, which is thus prepared.

Take two parts of Powdered Manganese,
four parts of Common Salt,
three parts of Sulphuric Acid (called Oil of
Vitriol.)
one part of Water.

The Manganese, Salt, and Water should be mixed together in a pot, or different pots, and set in the sick room, staircase, &c. and then the

Sulphuric or Vitriolic Acid, must be dropped gradually into the pots, and stirred with a stick, and, when the vapour ceases to rise, more acid must be added. If the acid should be dropped on the floor, or on clothes, it will spoil them ; any article also of steel or iron will be rusted by the vapour. Manganese is a mineral much used in the glazing of pots, and therefore is plentiful in potteries ; but for the purpose of fumigation, the apothecaries are generally provided with it.

Nitrous Acid Gas was recommended by Dr. Carmichael, who was rewarded by parliament for it. This is procured by pouring sulphuric acid, on powdered nitre, and applying heat with a lamp or hot sand, but the above is preferable, as being both better and more convenient. Where these fumigations cannot easily be procured, we may sprinkle the room with æther, or vinegar. After the death or recovery of a person in a contagious fever, the room should be white-washed, the windows kept open, &c. and the bed clothes washed, and afterwards exposed to the fumigation.

ON POISONS.

If a person is known to have swallowed a *mineral* poison, as arsenic, mercury, &c. medi-

cal assistance should be procured as soon as possible, but if an emetic can be got it should be given immediately, and none acts so soon as the sulphate of lime in half-drachm doses, and then if a little liver of sulphur can be procured, a large spoonful of it may be dissolved in a pint of water, and two large spoonfuls of the solution given every ten or fifteen minutes for three or four times. If no liver of sulphur can be procured, any of the alkalies may be used instead of it, as salt of tartar, pot-ash, &c. The patient should also plentifully dilute, with warm water or milk and water, to which may be added oil, which will often excite vomiting.

If a *vegetable* poison is taken, as opium, &c. emetics are the principal remedies. Till they can be procured the patient should swallow a quantity of warm water, and endeavour to excite vomiting by irritating the throat with a feather. Vegetable acids have been supposed to counteract the effects of narcotic poisons, and therefore they may be tried, such as vinegar, lemon juice, &c. but on no account till the Opium has been vomited. The patient should also, if possible, be prevented from sleeping, and the head, neck, and shoulders, should be kept constantly wet with cold water.

Of *Animal Poisons*.--The bites of mad animals have been considered under the term hydrophobia.

Of the *Bites of Serpents, Snakes, &c.* The principal, if not the only venomous serpent of this country is the viper. When a person has had the misfortune to be bit by a viper, a tight bandage should be tied above the part to prevent the absorption of the poison, the wound should then be diligently washed, and forty drops of the caustic volatile alkali (called now the liquor of pure ammonia) should be given every ten minutes till the patient is out of danger. Let it also be applied to the wound. Many applications have been recommended for the bites of insects, as bees, wasps, &c. such as laudanum, spirit of hartshorn, oil, or rags wet with a mixture of spirit of wine and vinegar; all these have their advocates, and it is difficult to say which is best.

Aerial Poisons are when people suffer from breathing air unfit for respiration, as is sometimes the case in mines, in which the following means for recovering suspended animation are to be used.

MEANS TO BE USED IN SUSPENDED ANIMATION FROM DROWNING, &c.

As soon as the body is taken out of the water, it should be gently conveyed to the nearest

house, and be quickly stripped of the wet clothes, and be rubbed dry, and then be laid between warm blankets, the head to be covered with a warm woollen cap, and bags filled with warm sand, or other warm things, applied to the feet. The door and windows should then be thrown open for the admission of pure air, (except the weather is very cold,) and no persons admitted but such as can be usefully employed.

Having taken these steps, we should next endeavour to expand the lungs, so as to raise the chest and imitate breathing. When not furnished with the proper bellows, we must be content to put the pipe of a common pair of bellows into one nostril, compressing the other nostril and shutting the mouth, and then by blowing with some force we may expand the lungs. While this is doing every part of the body should be rubbed with warm flannels, increasing the degree of heat gradually as the symptoms of re-animation appear. Should the frictions have no effect, if it can be procured, a warm bath, with a moderate degree of heat, should be tried. The above are the principal means which have been found successful, and they should be tried for at least two or three hours.

Other means have been employed, such as

electricity, rubbing the temples with volatiles and applying them to the nose, rubbing the body with salt, emetics, &c. but there are no clear cases where they have done good. Throwing the smoke of tobacco into the intestines has also been used; but from the narcotic and sedative quality of this herb, it is certainly more likely to extinguish the little remains of life, and do harm rather than good.

The same general means are applicable to suspended animation from other causes, as faintings, suffocation from noxious vapours, hanging, &c.

The recovery of a person from a fit of *Intoxication* must chiefly depend on evacuating the stomach, which is best done by forcing down a quantity of warm water, and irritating the fauces with a feather.

If the intoxicated person is so insensible that nothing can be got down, do not let him lie horizontal, but place him in an armed chair and secure him from falling, let his neck-cloth and shirt be opened, and his head and neck be constantly wet with rags dipped in cold water.

If the face is much flushed, or swelled, as in apoplexy, he should be bled from the arm, or rather from the temporal artery, and the legs put in warm water. The application of æther,

or spirits to the temples, is also useful from the *cold* produced by the evaporation of them.

OF SUBSTANCES LODGED IN THE GULLET.

When any substance is lodged at the *top* of the gullet, it may generally be removed by the fingers, or a pair of forceps; but when it is lower, there is no way but to push it down into the stomach with a piece of soft sponge fastened to the end of a whalebone, (called a probang) which must be done with care, especially if the substance has sharp points. Whatever the substance is, if it is passed into the stomach, no means should be used to hasten its passage through the body by purgatives, for it would go through the intestines more safely and easily with *natural* stools than with *purging* ones, but the stools should be all examined, for there is always a satisfaction in knowing that the substance is come away, especially if it is a metallic substance, as a piece of coin, &c.

OF SUBSTANCES LODGED IN THE EAR.

Children often put small fruit stones, peas, &c. into their ears, or insects may creep into

them ; if they can be seen, they may be removed with a small pair of forceps ; or if these should fail, they may be washed out with a syringe, and if it be an insect that adheres firmly, pouring oil into the ear will kill it.

Small moats in the eye, may be removed by wrapping a piece of soft lint round a probe or the like, and gently wiping the moat off with it.

SOME USEFUL MEDICINES FOR KEEPING IN A FAMILY.

MAGNESIA.

This is an useful medicine in cases of acidity in the stomach, especially if attended with costiveness, as it will both correct acidity and open the bowels. But it will have no effect as an opening medicine, except it meet with an acid in the stomach, or an acid be taken after it. It has also lately been recommended in gravel, to prevent the formation of uric acid, which is that kind of red sandy appearance we often see in the bottom of the chamber pots. It is not necessary to be nice about the dose of magnesia, from

one to two or three tea spoonfuls may be taken any time when the stomach is disordered with acidity, &c. and for infants as much as will lie on a sixpence.

There is some advantage in calcined (or Henry's) magnesia, but it is more than double the price.

SENNA.

This is a very useful opening medicine generally given in the form of infusion of senna.

EPSOM SALT,

Called also *Sulphate of Magnesia*, is a very useful opening salt, operating without griping. Dose from half an ounce to an ounce and a half.

GLAUBER'S SALT,

Called also *Sulphate of Soda*, this has nearly the same effect as the Epsom salt, and the dose is nearly the same.

CASTOR OIL,

A gentle purgative medicine, which operates without much irritation, particularly useful in colic, and gravelly complaints. Dose, a table spoonful, and for infants a tea spoonful; conveniently taken swimming on peppermint water, &c.

DILUTED VITRIOLIC ACID,

Called also *Diluted Sulphuric Acid*, and *Elixir of Vitriol*. An useful medicine as a tonic, antiseptic, astringent, &c. Dose about twenty drops, two or three times a day, in water.

ÆRATED KALI,

Called also *Crystalized Kali*, or *Carbonate of Potass*. This is a very useful medicine in cases of gravel or stone, and in acidity of the stomach, in doses from half a drachm to two drachms, as it is found necessary. It is also useful for making saline draughts.

POWDER OF IPECACUANHA ROOT.

This powder is one of the safest emetics, and for this purpose may be given to adults in doses of twenty grains, mixed in water, and worked off with chamomile tea, or thin gruel. A child from two to five years old may take from four grains to ten. It is also given as an expectorant and diaphoretic, in small doses, as one grain.

POWDER OF JALAP ROOT.

This is an active purgative, given to adults, from fifteen grains to half a drachm, and to

children, in doses of about two grains for every year old.

LAUDANUM,

Called also *Tincture of Opium*. This is one of the most useful medicines, and may be given in all cases of *violent pain* which is not attended with inflammation, or with obstruction in the bowels. It is also given to allay any violent irritation, and also in violent spasms, &c. &c. The medium dose for an adult is twenty-five drops, and for a child of two years old four or five drops. The more violent the pain, the larger is the dose required to relieve it; but it is better to repeat a moderate dose every hour till the pain abates, than to give a very large dose at first.

OPIUM.

Laudanum is nothing but a solution of opium in spirit, for the convenience of having it in a liquid form, and therefore opium itself may be given for the same purposes, made into pills, each pill containing one grain of opium, which is equal to about twenty-five drops of laudanum. Opium is often a very great comfort to mankind from the relief it affords in many diseases which cannot be cured.

ESSENCE OF PEPPERMINT.

This is useful to keep in a family, as eight or ten drops dropped on sugar and dissolved in a glass of water, is a ready way of making peppermint water.

PREPARED CALOMEL,

Called also *Submuriate of Mercury*. This is one of the best worm medicines, and also an excellent purgative, especially when joined with jalap.

It is also frequently given as an alterative in small doses in cutaneous diseases, syphilis, diseases of the liver, &c. As a purgative, calomel may be given to an adult from five grains to fifteen, and as an alterative from half a grain to two grains every night.

PERUVIAN BARK, OR CINCHONA.

This bark is a specific in agues, and intermittents, and it is also useful in mortifications, and as a general tonic, in cases of weakness, the recovery from illness, &c. In powder it may be given from ten grains to a drachm or more. It is also frequently given in *decoction*, *tincture*, *extract*, &c.

GUM ARABIC,

Now called *Acacia Gum*, is always safe and innocent, and is useful in coughs, gravelly complaints, &c.

PURIFIED NITRE,

Called now *Nitrate of Potass*. This is very useful in inflammations, fevers, heat of urine, &c. Dose, ten grains, to half a drachm. The common nitre, called salt petre, is generally sufficiently pure.

CREAM OF TARTAR,

Or *Supertartrate of Potass*. This is a safe and useful medicine, cooling, opening, and diuretic, very useful in dropsical complaints, and may be given in doses from one drachm to one ounce.

PURE ACID OF TARTAR.

This is not to be distinguished in taste or effect from Coxwell's crystallized acid of lemon, and it is only half the price. It is a good substitute for lemon juice, and may be used for the same purposes. A drachm of this acid dissolved in an ounce or an ounce and a half of water, will be about the same acidity as lemon juice.

DIACHYLON PLASTER,

Called now *Lead Plaster*. This spread thin on rag or leather, is a good application for wounds, chilblains, corns, &c.

PREPARED NATRON, OR SODA,

Is an useful medicine in cases of acidity, stone and gravel, scrofula, &c.

SALT OF STEEL, OR SULPHAT OF IRON,

A cheap and useful chalybeate medicine, given in cases of indigestion, weakness, &c. from one grain to five grains.

TINCTURE OF STEEL,

A still more useful chalybeate medicine, given in doses from five drops to twenty in water.

TARTARIZED ANTIMONY WINE,

Now called *Solution of Tartarized Antimony*. This is useful both as an emetic, as an alterative, and as a fever medicine. It will do all that can be expected from James's Powder. As an emetic for adults, it is given from half an ounce to an ounce or more ; and as an alterative, or as a fever medicine, from twenty drops to a drachm. As an emetic for infants, half a tea spoonful may be given every half hour till it operates.

METHOD OF PREPARING SOME USEFUL MEDICINES.

Most of the natural purging Spa Waters, such as Epsom water, and those of the same nature, may be exactly imitated, by dissolving an ounce or six drachms of Epsom salt in a quart of water, of which a glass might be taken every quarter of an hour till it operates as a purgative ; or a glass might be taken once or twice a day in cutaneous eruptions, piles, habitual costiveness, &c. which will often have a better effect than more powerful medicines.

ARTIFICIAL CHELTENHAM WATER.

Dissolve two drachms of Epsom salt, and the same quantity of Glauber's Salt in a quart of water, and add one or two grains of Salt of Steel (or eight or ten drops of the Tincture of Steel) to it. It may be taken as the above.

HARROWGATE WATER,

May be imitated by dissolving half a drachm of Liver of Sulphur in a quart of the common purging water just mentioned, but more exactly by impregnating the purging water with Sulphurous Gas. This requires one of Nooth's Glass Machines, by the assistance of which the Gases may be added, so that most of the Spa Waters

may be very exactly imitated. They may be made of what strength we please, and I believe the artificial waters are as good medicines as the natural waters.

A good *Chalybeate Water* may be made by dissolving five or six grains of Salt of Steel, or adding fifteen or twenty drops of Tincture of Steel, to a quart of water ; but in the natural *Chalybeate Waters*, the Steel is generally held in solution by carbonic acid, or fixed air, and therefore they cannot be exactly imitated without Nooth's machine.

INFUSION OF SENNA.

Take of Senna Leaves, half an ounce ; bruised Ginger, or Carua Seeds, or the like, a drachm ; and pour on them half a pint of boiling water. A very useful opening medicine, in doses of two or three spoonfuls.

DECOCTION OF BARK.

Take of Peruvian Bark bruised, an ounce ; water, a pint and a quarter ; boil it for ten minutes, and then strain it into a bottle. Dose, two or three spoonfuls.

DECOCTION OF ICELAND LIVERWORT.

Take of Iceland Liverwort, one ounce ; water, a pint and a half : boil it down to a pint, and

strain it. If a little Liquorice Root is added, it will make it pleasanter to take. A cupful is taken two or three times a day in consumption.

BITTER INFUSION.

Take of Gentian Root sliced, Orange Peel dried, of each one drachm; fresh Lemon Peel, two drachms; boiling water, three quarters of a pint: let them stand an hour in a covered vessel. This is a very useful and pleasant bitter; two or three table spoonfuls to be taken two or three times a day.

TINCTURE OF GENTIAN.

Take of Gentian Root sliced, two ounces; dried Orange Peel, fresh Lemon Peel, of each an ounce; put them into a bottle, and pour on them a quart of Brandy, Rum, Geneva, or any common spirit, and let them stand a week or two, shaking the bottle every day. The above makes as good bitters as any in common use; but as a medicine I would prefer the infusion of Gentian.

TO MAKE SALINE DRAUGHTS.

Salt of Wormwood, Salt of Tartar, or common Kali, are all the same Salt; and to make a saline draught, take twenty grains of Salt of Tartar,

and dissolve it in a wine glassful of water, with or without a little Sugar, and then add a table spoonful of Lemon Juice to it; but if Lemon Juice cannot be procured, twenty grains of the concrete Acid of Lemon, or the pure Acid of Tartar, may be dissolved in water, and used as Lemon Juice.

But the nicest saline draughts are made with *Ærated Kali*, instead of common Kali, and the following is a very convenient way of preparing them. Dissolve three quarters of an ounce of *Ærated Kali* in a pint of water; and half an ounce of the pure Acid of Tartar in another pint of water; and then you have nothing to do, but mix equal parts of the two solutions together, (two or three spoonfuls of each.) It will make them pleasanter if a little Sugar dissolved in water is added to either of the solutions before they are mixed. Saline draughts are best taken immediately after they are mixed, while they are effervescing. They are a very useful medicine in all fevers, taken frequently, and they are perfectly safe and innocent.

SOLUTION OF SODA, (OR NATRON.)

Dissolve six drachms of pure Soda, or Natron, in a quart of pure water. This is an useful

medicine, and in the dose of a wine glassful two or three times a day, is beneficial to children in scrofula, rickets, cutaneous eruptions, acidity, &c.

COMMON OPENING MIXTURE.

Dissolve an ounce of Epsom Salt in half a pint of the infusion of senna, and let the patient take two or three table spoonfuls every two or three hours till it operates. No opening medicine is superior to this in obstructions of the bowels.

INFUSION OF ROSES.

Take of red Rose Leaves dried, half an ounce; boiling Water, a quart; White Sugar, an ounce; diluted Vitriolic Acid, two drachms and a half. This is a pleasant and useful medicine in hæmorrhages, &c.

LIME WATER.

Take of Quick Lime, four ounces; Water, six pints; mix and stir them together in an earthen vessel; then let it settle an hour or two, and pour off the clear water for use into bottles. Lime Water may be taken in doses of a cupful, three times a day; and is useful in diabetis, diarrhœa, acidity, cutaneous eruptions, scrofula, &c.

ALMOND EMULSION.


Take of Sweet Almonds, blanched, a quarter of a pound ; White Sugar, one ounce ; Water, three pints ; beat the Almonds and Sugar together in a marble mortar ; and add the Water gradually, till it is a smooth milky liquor, and then strain it through muslin. This is a pleasant medicated beverage, in strangury, fevers, inflammations, coughs, &c.

IMPERIAL DRINK.

Take Cream of Tartar, three drachms, pour on them (in an earthen vessel) one quart of boiling Water ; and when cold add as much White Sugar as will make it pleasant.

COLD CREAM.

Take Oil of Almonds, two ounces ; Spermaceti, half an ounce ; White Wax, two drachms. Melt them together, and then stir, or beat into it, as much Rose Water as it will take.



APPENDIX.

I. GENERAL PRINCIPLES ON THE NATURE
AND CURE OF DISEASES.

II. PLAN TO BE PURSUED BY PERSONS GOING
TO A WARM CLIMATE.

III. MEDICINES TO BE TAKEN OUT BY THEM.

APPENDIX.

I. *General Principles on the Nature and Cure of Diseases.*

NOTWITHSTANDING the more common form of diseases and the mode of treating them have now been pointed out, the persons for whom this little work is intended may still be frequently at a loss how to act. The most erudite physician has ever found it one thing to sit down in his closet and prescribe, and another at the bedside of his patient. I shall therefore now endeavour to generalize in such a way both as to what disease is, and the principles upon which it is to be cured, that the reader may always have some fixed principle to act upon. In doing this, however, it must be fully understood, in case this should meet other eyes, that I am ready to acknowledge it would be extremely difficult to prove that this generalization will at all times hold good in theory; but as I am certain it will very rarely (if ever) happen that the practice it leads to will not be beneficial, I shall consider I

have a right to conclude it correct, though I may be unable to support it by physiological principles, the *modus operandi* of which I can explain.

1. Disease is a deviation from that action which in the living animal each organ is accustomed to perform; and as all these actions or functions are in fact reducible to one, viz. the vascular system, so disease may be said to be vascular deviation. By this head the vascular system is meant, the blood vessels and absorbents, which are at once the source of supply and waste, its regular actions being health, and its irregular disease; and I feel confident that I may assert that ninety-nine cases out of a hundred of all the formidable diseases that the frame is subjected to, are the result of encreased vascular action, or at all events I may aver it is the indirect source of all. An infinite variety of circumstances may excite this encreased vascular action. For example,—

Cold (speaking of it as a positive quality) is applied to the surface of the body, and contracts the calibre of the extreme ends of vessels, and that blood which would otherwise have flowed in them in their warm and dilated state, is then determined to the more internal and protected parts, such as the lungs, liver, &c. which at length becoming gorged more than they can bear,

inflammation is excited, and becomes permanent, as will hereafter appear.

Again, a man exhausted by labour and want of food eats voraciously, the stomach not being supplied with the same quantity of blood in a given time, from the exhaustion or languid circulation, the gastric juice is not secreted in proper quantity; and before the food is dissolved it ferments, and part of it in this state is taken up by the absorbents on the intestines, and being carried to all parts of the body, produces an infinite train of diseases.

The same thing holds good with mental labour; in short, every thing else.

The principles on which the cure of diseases should be directed, ought evidently to be in strict analogy with what has been termed the *Vis medicatrix naturæ*, which is that healing power in an animal diseased, that enables it to return to its healthy actions. Now this chiefly consists, —1st, in the proneness which nature has to follow the steps she is placed in.—2d. By the production of another disease, to supersede the diseased action; it very rarely, if ever, happening that two active diseases go on at the same time. In fact it is considered a law in the animal economy, it so seldom occurs. For example—

A man eats something that disagrees with him, in other words, is not properly digested ; but, in an imperfect solution, by the repeated efforts of the stomach to get rid of it, is forced into the intestines in this state, and irritates them mechanically ; that is, produces encreased vascular action, and the mucous membrane throwing out quantities of serum, the peristaltic action is encreased by the distension, and the food is more readily moved forward ; in short, it is, as it were, washed out of them. The mechanical irritation being thus removed, nature returns to her wonted action, and in most cases succeeds in restoring the proper balance of action, especially if caution is used in not eating, or in other words, not stimulating them again with a foreign body too early. But if through inattention to this point, the irritation or encreased action is kept up longer than ordinary, the disease on the very same principle continues, and becomes a natural one, accommodating herself to her inconvenience. Again—

The food may have been so far dissolved or digested, that it may not produce any irritation in the bowels, while the *chyle* when taken up or absorbed from the ingesta may irritate some organ, such as the lungs or liver, producing

inflammation. Or again, the bile, or any other glandular or mucous secretion, separated from the blood supplied with this chyle, may not be what it ought, and that be the source of disease: but in any of these cases the result is the same; the balance of action once disturbed from any cause, beyond a certain period, becomes as it were a natural action.

Having now considered what disease is, and the principles on which it is to be attempted to be cured, or assisted, I shall briefly state the agents we are permitted to employ, which are much more limited and simple than usually supposed.

1st. By depressing the action of the vascular system, with direct means, viz. bleeding, purging, &c; and possibly may be added to these, digitalis, prussic acid, &c; and locally, by evaporating lotions.

2d. By encreasing the action of the vascular system, with stimulants, such as brandy, wines, spices, bitters, &c. &c.

3d. By counter irritation, or the production of another disease, either general or local.

4th. By an inherent power in some medicines, inducing an alteration in the glandular or mucous secretions, either in quantity or quality.

I shall now endeavour to evince the foregoing

propositions by practical illustrations in the treatment of the most common form of disease, after first digressing and saying a word or two on the terminations of inflammation.—Inflammation is said to terminate by Resolution, Effusion, Suppuration, and Gangrene. Resolution is where the inflammation spontaneously subsides without inducing any other disease. Effusion is where the balance of action between the arteries and absorbents is disturbed; that is, where the latter cannot take up the serum deposited by the arteries in an equal ratio of time, as in dropsy, &c. Suppuration is where the increased action has been so violent as to induce a different mode of action in the arteries and absorbents, inducing the former to secrete pus, and the latter to act upon the parts themselves so as to produce a loss of substance, as in abscess, ulceration, &c. Gangrene is where the action has been so violent in the large vessels, the minute vessels have become ruptured or clogged, so as to impede the circulation altogether, and destroy the vitality of the part.

To proceed with the practical illustrations of my proposition.—I shall select Fever, a disease occurring more frequently than other, whether it be referred to in its pure idiopathic form, or its

sympathetic, and one that I am the more induced to select, from the apparently contradictory manner in which it appears to be treated.

First, then, I shall take it for granted that idiopathic fever consists essentially in topical inflammation of the brain, or its membranes; and further, that all descriptions of fever are originally the same, but modified by circumstances of which we know little or nothing; and hence that the distinctions of Authors, even from the plague or yellow fever to the slightest encreased action, are mere shades or stages of the disease. It is now well known that marsh miasmata in a diluted state produces the mild intermittent or ague, while in a more concentrated state, it produces the more aggravated forms of this disease, viz. the fever of Walcheren, the Malaria of Italy, the yellow fever of the West Indies, the Jungle fever of Ceylon, the Plague, or immediate death. The same law holds good with animal miasmata, which produces all the shades from the most simple form to sudden death; with the exception, that it is supposed this latter miasmata does not produce such well-marked cases of pure intermissions; but this is by no means certain: the Island of Heligoland is situated in the open sea, two hundred feet perpendicularly high on one

side, and sloping down so as to be one hundred and twenty perpendicular feet on the other, in a quarter of a mile, and without the possibility of marsh miasmata being produced, yet here the intermissions are as well marked as in any country in the world. Under these circumstances then, as before stated, that fever consists essentially in a topical inflammation, it must be obvious on a very little reflection, and reviewing the termination of inflammation, that neither on the one hand does blood-letting, purging, &c. necessarily belong to the treatment of fever, any more than on the other that the contrary plans of stimulants do ; and this, not because either the one remedy or the other is not in unison with the position here advanced, but simply because in the first instance such is the rapid progress of the disease, the patient is not seen till it has been hurried to its last stage, a result of the original one, and necessarily requiring a different treatment, analogous with other inflammations. For example—no one would attempt to bleed after a common phlegmonous tumour had suppurated, or when gangrene had taken place : as, however, through the blessings of Providence, disease seldom makes such a rapid progress in our country, it is for the most part cut short by active anti-

phlogistic treatment. I will suppose my Reader called to a patient labouring under fever, known to be such by reference to the symptoms hereafter detailed: the first difficulty he has to encounter is to ascertain the damage done, by a reference to what symptoms have subsided, and the then state of the sensorial functions. If the latter be not much impaired, and neither diarrhoea, profuse perspiration, nor inordinate flow of urine, be present, the disease may be treated as active inflammation. But I will now detail the symptoms of fever, and the three stages it is usually divided into by authors.

First stage.—The man complains of one, more, or all the following symptoms;—languor, insensibility of the extremities, defect of sight, insensibility in the other organs of sensation, cold, trembling, pain in the head, limbs or back, skin dry and pale, sometimes of a dusky hue, dry or moist foul tongue, thirst, pale transparent urine, costiveness, a frequency of, or small, obstructed pulse, sometimes intermitting, anxiety and oppression at the chest, laborious respiration, rigor, horror, loss of appetite, nausea, and vomiting.

Second stage.—Rigor, horror, heat rising from the chest, and diffused, irregular, and unequal, and with flushing; a strong full obstruc-

ted pulse, as though a fluid were passing, (which in a healthy pulse you will not find,) or a *very* frequent small pulse, pain in the head, joints, stupor, delirium, universal soreness, redness arising in different parts, urine high coloured but transparent, sweating on the head or breast, or over the whole body.

Third stage.—Great disorder in, or imperfect performance of, all the sensorial functions, insensible to impressions, extreme prostration of strength indicated by a straitness of the body and limbs, continual sliding of the body towards the bottom of the bed, sordes collected about the teeth, furred tongue, assuming a black shining hue on the top, petechia or purple spots, or vibices with dark coloured and foetid discharges from the bowels or bladder, bad smell about the body, &c.

If then it be the first stage we are to treat, we should in accordance with the agency No. 1, bleed the patient to arrest the violence of the vascular system generally, and apply cold vinegar and water (or the latter only) to the head, to lessen the local action, at the same time enjoining a strict antiphlogistic diet to prevent any reaction of the vascular system. We should then give a brisk cathartic, in furtherance

of the agency No. 3, and as soon as it has operated well, we must commence with the most powerful and least stimulating diaphoretic medicines, still pursuing the third agency, but bearing in mind the law of the animal economy, (prefixed to the principles on which disease is to be cured) viz. the proneness nature has to follow the steps she is placed in; and, therefore, if you go on with the physic, you will have diarrhoea to contend with in lieu of fever. The following morning, if the vascular action is not sufficiently depressed, we must commence again with venesection; but if it is, we may steadily pursue the sweating medicine all day, and wait the result of the following, when we will suppose there is still no encrease of the vascular action, but the symptoms remain nearly the same, we must then return to the purgative class of medicines, bearing in mind the law before alluded to; and further as a remedy acting more powerfully than the one on the skin, and less so than venesection: and in this manner proceed till the tongue is clean and the symptoms have given way, when we are cautiously to encrease the diet to prevent any reaction in the vascular system, and the patient will then be cured by the inflammation terminating by resolution.

If the disease should have arrived at the second stage, the treatment would be still the same, though we must be more cautious in bleeding, inasmuch as that the disease will naturally have made some inroad upon the general powers of the vascular system, and therefore likely to run on to the second termination of inflammation, (i. e. effusion,) and on this account also, we should select the more warm and spicy diaphoretics and less drastic purges, taking care also to alternate the remedies (as we had recourse to in the first stage) more frequently, and calling in others of the same class to our aid, such as diuretics, blisters, and artificial eruptions; for the more the vascular action is depressed the more likely is any action to become permanent, and thereby induce the very action we have excited to become the more formidable of the two. On the conclusion of this second stage of fever, we should give tonics and a nutritious diet, though small in quantities, and not a stimulating one; for when the vascular system has been depressed beyond its usual standard, the stomach not being supplied with its usual energy, or in other words, with the same quantity of blood, in the same ratio of time, less gastric juice is secreted, and the food passing out in an

improper state, would disturb the harmony of the circulation, by producing a sympathetic action in the brain, or else purge the patient, which in either case would in this instance be highly detrimental. The greatest care therefore is necessary in regulating the diet of a patient labouring under fever.

Perhaps here it may not be improper to digress a few words on this topic, to explain what has long appeared a contradiction to the general practice and theory of fever, in all ages, but which in point of fact strongly supports the theory here maintained in all its ramifications, even whilst it is expressly asserted that fever is inflammation, &c: I allude to giving food during the active stage, whilst venesection is being had recourse to. To illustrate this point:—the powers of the human frame are constantly being expended in the performance of the different functions; for example, we will say, on the head, heart, lungs, stomach, kidneys, and muscular motion. Now if too much action is going on in the head, some one or all the other functions suffer a reduction of the power belonging to them, and therefore if you refuse to supply the stomach with food when nature calls for it, you prevent one of the natural divisions of this labour, and the power continues

to be too exclusively expended by carrying on the inflammation in the head. The food it will be obvious should be the least nutritious in this case, and difficult of digestion, such as farinaceous diet.

If it be the third stage we are called in to, or if the first or second stage have run into the third, in spite of our endeavours to the contrary, we can no longer treat the patient the same; the vascular action must now be supported generally by the Agents No. 2, viz. nourishment, such as beef tea, milk and water, farinaceous vegetables, direct stimulants and tonics; the local action, however, must still be kept in abeyance, by keeping the excretions free, but on no account permitting them to excess: cold applications also may still be applied to the head during any flushing of the face or heat of the head, and blisters and artificial eruptions may be excited at the back of the neck, or about the chest, if respiration should be impeded; because even in the third termination of inflammation, or the suppurative process, we find the local action may still be too great to carry on this process, and the parts may die or become gangrened.

II. *Plan to be pursued by Persons going to a Warm Climate.*

Having now finished my endeavour to establish some fixed principles on which persons out of the profession may at all times be able to act, I shall finish this Appendix by offering some remarks, &c. on the treatment and plan to be pursued by persons going from this country to a warmer one, more especially Africa, the East and West Indies. As soon as the weather gets warm, the vascular action will be found to be much encreased, and therefore bearing in mind, that as in infants disease is more rapid from this cause ; so in the adult, any thing arising to produce a continued quickened circulation, places him in the same situation, or rather I ought to say worse, because the vessels being firmer do not yield so readily ; that is, are not so elastic, and a diseased action is sooner set up : we should give two or three doses of physic. If the person be very robust, or the physic does not reduce the vascular system, we should take some blood away from the arm. The nutral salts are unquestionably the best physic for this purpose, and calomel or mercury (the sovereign remedy in a warm climate) the worst, the first action of murcury being invariably to quicken the pulse, or

in other words to encrease the vascular action; but having reduced the vascular action by the aforementioned means, which will be known by the pulse, and finding the patient sluggish, complaining of no real disease, eating and drinking well, mercury becomes the specific. We may then suspect, notwithstanding our endeavour to balance the circulation by lessening its rapidity, either that some congestion or incipient inflammation, or altered secretion has taken place in some of the internal viscera, such as the liver, spleen, &c. and should immediately take two or three good doses of calomel, (say five or six grains each dose) the over night, and salts in the morning; or if the patient's strength should be pulled down, the alterative forms of mercury should be had recourse to immediately, such as five grains of blue-pill every night, or oftener, with a dose of salts, or castor oil, once a week or ten days; or as necessary to keep up a good action of the bowels, and the diet from the commencement should contain a large portion of vegetable matter, and less stimulus should be taken. By these means a person will generally arrive at his destination in good health, when he should select the highest level above the sea he can, in reference to the observations contained

in page 141, on what fever consists; because in all warm climates, the quantity of miasmata is much greater than in cold, under the same circumstances; and there is a two-fold use in this selection:—1st, the higher the situation, the less humidity there is, and therefore the vegetable matter is dried before it can become putrid: and, 2d, the miasmata that does exhale must necessarily occupy a larger space, and consequently be less active. This latter circumstance is peculiarly worth the attention in the construction or selection of the habitations; for many instances are on record, that where our troops have been occupying quarters two or three stories high, those on the ground floor have been attacked with continued form of fever; those in the first story with the remittents; the third with the intermittents; thereby clearly evincing the more concentrated the exhalations are, the more powerful is the effect. The only remaining precaution that strikes me as necessary to remark, is this, that as fevers of all descriptions are to be considered the same, and only modified or typed by local circumstances,—so as these circumstances inducing the worst form prevail most in warm climates,—and as the more rapid a river runs the more injury it will do in a given time if it breaks

its embankment, and the more difficulty there will be in arresting its progress; so the vascular action, being for the most part considerably more active, we should be studiously careful not to disturb the balance of that action, by either violent, or continued exercise, long fasting, or sudden exposure to heat and cold.

With regard to the treatment of disease under these circumstances, I have invariably found no deviation from the general principles laid down is called for; it is necessary, however, to recollect, 1st, that as the vascular action is greater, so disease runs its course more rapidly: 2d, that as the skin is always more active from the encreased temperature, so the extremes of heat and cold which are greater in these countries, though uniformly higher, have a more powerful effect in proportion; because the greater quantity of moisture there is upon the skin, the greater quantity of heat from the body will be required to dissipate it; and vice versa, if this encreased excretion from the blood be suspended, the vascular action will be proportionally loaded and inconvenienced.

III. *Medicines to be taken out by Persons going to a Warm Climate.*

Blue Pill,	two ounces
Calomel,	two drachms
Epsom Salts,	two pounds
Castor Oil,	one pint
Powder of Rhubarb,	two ounces
Cathartic Extract,	one ounce
Tincture of Opium,	four ounces
Starch,	four ounces
Tartar Emetic,	half an ounce
Powder of Ipecacuanha,	half an ounce

In a bottle covered with dark blue paper to preserve it from the light.

Carbonate of Potash,	half a pound
Citric Acid,	quarter of lb.
Camphor,	one ounce
Acid : Acet:	half a pound

One to seven parts Water of this makes good Vinegar.

Water of Ammonia,	half a pound
Powder of Yellow Bark,	one pound
Cascarilla Bark,	half a pound
Seville Orange Peel,	quarter of lb.
Oil of Peppermint, or	}	half an ounce
Caraway, or Cinnamon.		

A Lancet.

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